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Community Choir's 'Phantom' was PHANTASTIC!

Over the past two weekends, five sellout crowds enjoyed an evening of live dinner theatre brought to Elk Point by the Elk Point Community Choir and Friends, who presented their inimitable version of "The Phantom of the Op'ry."

This comedy thriller is set in the small community of Skunk Creek, whose elderly Op'ry House seems to have a ghost. And a very lively and tuneful one he is, this terrorizer of janitors and stage hands, who admits right off that he "Enjoys Being a Ghoul."

The owner of the establishment, Minerva Hotchkiss (Linda Grabas), however, thinks the broom-wielding Guppy Gopher (Udo Mueller) is hallucinating, and that there had better not be a ghost — she wants to sell. The very elegant purchaser, Louise Pampermouse (Mathilda Furger) is eager to complete the sale and intends to open right away, so the notary, Junior Hamster (Randall Kryes) is summoned to officiate over the signing of the papers. Junior and Minerva wish her well, but warn her about that smiling cobra of a theatre critic, Silky Acidtongue (Don Buryn). Critics in general are trashed by the trio, with their song, "He Who Can, Creates."

It's stage manager Chester Broomhandle (Chris Johnson) who tells Louisa about the Phantom, but she is too busy to worry about that — she has a show to put on, and is expecting the arrival of a three-legged boy, a 700 pound woman and an elastic-skinned man, not to mention a lady who walks upstairs on her head. These four are upstaged, however, by the arrival of the chorus line — Zaza, Mimi, Lulu and Tutu (Larissa Johnson, Kelsey Mueller, Keri Myshaniuk and Mary Easthope)— along with "Too Good To Be True" ingenue Christine Swansong (Denise Adkins), who is accompanied by her Mummy (Bernice Capjack-Hugo).

(Continued on Page 7)

Canada Day planning gets underway

It may be one day short of three full months before Canada's 129th birthday, but a party of that magnitude takes some planning. Elk Point's Canada Day Committee is all set to do just that, and got started on their yearly deliberations last week.

This year's event looks like being similar to those in years past, but with even more fun

for the whole family. Some additions to the activities line-up have been suggested, including a craft fair and a souvenir booth.

Plans for some parts of the celebration are already well underway, including the gospel concert, pancake breakfast and bicycle parade.

Watch for further details as they become available.



HIDDEN TALENT -- One talented performer at the Skunk Creek Op'ry House prefers to keep his vocal and acting prowess hidden -- except when it suits his purpose. The Phantom delights in causing difficulties for the stars and staff, and 'enjoys being a ghoul.'

Magic Bus exciting entertainment

John Kaplan and his Magic Busload of entertainment trundled into Elk Point last Tuesday, and charmed and amazed a packed crowd of children, parents and grandparents with an exciting array of tricks and illusions.

Elk Point is just one stop on Kaplan's four month 1996 tour, which reaches from coast to coast. This is the 16th season of touring for the 38 year old magician, who started learning his craft at the age of nine. He has been a professional magician since he graduated

(Continued on Page 2)

Young entrepreneurs on this Wednesday's Chamber agenda

Elk Point Chamber of Commerce meets at noon on Wednesday, April 3, for their first time under the direction of the new executive.

Special guests at the meeting will be Anne Himschoot of the St. Paul Business and Community Development Corporation and representatives of last year's "I Want To Be A Millionaire" youth entrepreneur program. Ms Himschoot will be explaining the funding cutbacks which have made it necessary to make changes to this program for 1996, giving it more community ownership.

Further details on the changes in the Youth Entrepreneur Program are outlined on Page 11.

Also on the April meeting's agenda will be the kickoff of the 1996 Chamber membership campaign, a report on plans for the Happy Daze Auto Show, and an update on the doctor recruitment campaign.

The Chamber is getting ready for a busy spring and summer, and has a number of projects and activities planned for the coming months.

All interested business persons are cordially invited to attend the meeting, to be held in the Empress Banquet Room. Please come and bring a friend - the Chamber needs your input.

Kaplan's Magic Bus brings exciting entertainment to Elk Point

(Continued from Front Page)
from high school in 1975. His career choice "was just one of those things. I saw a magician perform and was captivated. I was fortunate to be able to apprentice and follow my dream. The important part was learning to make a living at it," Kaplan said.

Originally from Calgary, Kaplan has lived in the Vancouver area since 1986, when he went to the coast to perform at Expo, and met the lady he later married. They are now the parents of a three-year-old, who watches his dad's show on video "and knows all the songs and the illusions." Kaplan admits it's "tougher to go on the road when you have a young family," but says that while his success continues, he wants to continue touring.

Kaplan is happy that his tour is "90% grassroots Canada" and he enjoys helping service clubs, such as his Elk Point sponsors, the Lioness Club, and community groups to make money. "I find it's very meaningful work, to touch people on several different levels."

When he's not on tour,

Kaplan performs at corporate and industrial functions, schools and Christmas parties. He will be at the Pacific National Exhibition all this summer, after six summer seasons at Calgary's Calaway Park.

Kaplan brought with him a "national cast" consisting of Vancouver dancer Tara Burnett, Fredrickton dancer and assistant John Thomas, Montreal sound and lighting man Greg Smith, and Rexdale the Wonder Rabbit, who "we found hitchhiking a few years ago."

The combined talents of the

cast left the audience totally baffled by such tricks as slicing the lovely Tara into three and four segments, levitating a youngster from the audience on a surfboard, and sawing Elementary School teacher Don Bury in half. The latter, Kaplan said, is "the most popular illusion of all time," and a favorite with magicians for over 70 years.

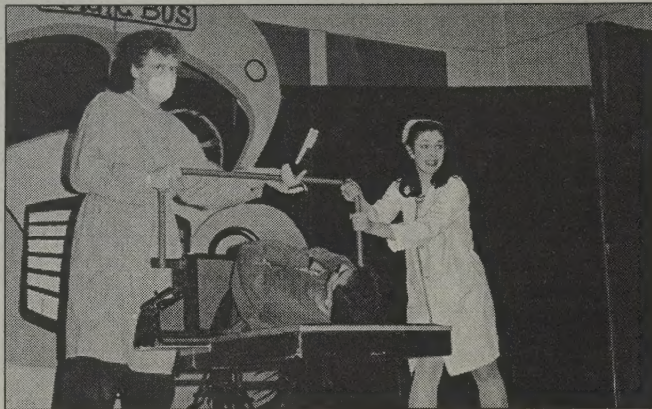
Bury got his retaliation by strapping Kaplan into a strait-jacket, from which, in the midst of clouds of smoke and flashing strobe lights, he made a Houdini-esque escape.

Other volunteers from the

audience helped pull Tara through a one inch hole in a sheet of plexiglass, while Lioness Shaina Gadowski "lent a hand" with another illusion. Special thanks were extend-

ed to the 1996 Grad Class, who helped with setup and other details.

Door prizes were won by Joshua Boyko and Diedra Nelson.



BURY IN SAWED IN HALF -- Elementary School teacher Don Bury yields to the saw as Kaplan performs an illusion.



Rod Stewart Tribute

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What is Family and Community Support Services (F. C. S. S.)?

By Deanna Easthope

FCSS Director

FCSS is a partnership between the municipality and Alberta Family and Social Services. That is, both parties provide financial support to local FCSS programs. The Town of Elk Point contributes 20% and the Provincial government contributes 80 % of the total budget to operate the Elk Point FCSS program.

FCSS programs are preventative in nature and designed by the community to promote well-being among individuals, families and the community. Recently, a community survey was completed in order to assess priority preventative,

social needs in our community.

FCSS depends on community resources and volunteer involvement in management and delivery of programs. Elk Point can be proud of the people in our community who are willing to give of their time and resources to help others.

FCSS philosophy is based on a belief that self-help contributes to a sense of integrity, self-worth and independence. The programs developed are intended to help individuals in our community to adopt healthy lifestyles, thereby improving the quality of life. Our current programs are operating because of needs expressed by the people of Elk

Point.

FCSS emphasizes local authority for programs based on the belief that communities have the desire, energy and resources for self-help. We all can feel a sense of security in our community when we know that decisions made for our community will be made in our community of Elk Point.



FCSS in Elk Point has a local volunteer board which is

responsible for recommending program content and direction as approved by our local Town Council. For Elk Point, our FCSS Board chairperson is Andrew Ross.

If anyone in the Town of Elk Point, who is a resident of Elk Point, feels they are interested and are willing to become a member of our local FCSS Board, write us a letter introducing yourself and tell us of your interest in becoming a member. Either drop your letter off at the FCSS Office during office hours of 9:30 a.m. to 3 p.m., Monday to Friday, or mail your letter to FCSS, Box 340, Elk Point, Alberta TOA 1A0.

Community Calendar

Wondering what's happening in Elk Point and district in the coming weeks? Here is a brief rundown of some of the events scheduled.

Fri. April 5 : Good Friday

Sun. April 7: Easter Sunday

Sun. April 7: Daylight Saving Time begins

April 21 - 27 : Volunteer Week. Plan now to salute your group's willing workers

Sat. April 27: 4-H MultiClub Craft Project Achievement Day

Sat. April 27: Happy Trails Jamboree, Elk Point Elementary School

Sun. April 28: Fun & Furry Horse Show

If you would like to add you event to the listing, which is published when space permits, please call the Review at 724-4087 before 5 p.m. Thursday.

Happy Easter, everyone



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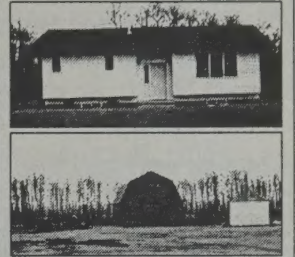
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**LOOKING FOR A SUMMER GET
AWAY**

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View Points

Now, where's spring?

All right, all right, April Fools Day is over. Now where are you hiding, Spring?

We fully expected March to come in like a lion, which it did. The groundhog told us not to expect spring until half past March, so we weren't even looking for it until then. And those warm days, we even believed that it was coming. But suddenly, winter again. Not just snow, but minus-teens cold, and winds that would put January to shame. The lamb that March was supposed to go out as, must have been gobbled up by that darned old lion.

And THIS is supposed to be April? April, of the showers that bring May flowers? With snowdrifts here, there and everywhere, it's mighty hard to believe that the calendar pages have turned the right way. Maybe all that wind blew us back into February instead?

Mother Nature is probably giggling up her sleeve at all the ranchers who timed their calving and lambing seasons to coincide with nice spring weather. Now they are hauling calves into the house to warm up and putting up heat lamps, just as if it were January. And in between calves, they're counting their dwindling supplies of hay and wondering when and if the snow will leave and the grass will start growing. Half the profit from this year's calf crop has been eaten up in expensive purchased hay, already, in some cases -- providing cattle prices go up and there is a profit of some sort.

Farm papers are filled with page after page of auction sales -- even more than usual, and it's very probable that the lack of feed and the drop in cattle prices have made some of these rural families decide to leave the land.

To those who are still hanging in there, cheer up -- it can't be too much longer until spring actually arrives.



EASTER PARTY GUESTS -- at Elk Point Public Library's Storytime last Friday included a trio of happy hoppers -- three cute bunnies brought along by LoAnne Schiers of Fins, Feathers and Furry Things. The bunnies were the hit of the party, which also included special Easter stories, songs and snacks.

Nutrition Notes

Exercise and fitness

By Shelley Miller-Hertes
Registered Dietician

Elk Point Health Centre

How often do you hear people say, "I wish I could lose 10 pounds"? Almost everyone has dieted at some point in time. Why do diets frequently fail at permanent weight loss? It could be that people are not overeating, but simply under active!

Physical fitness is defined as the capacity of the heart, blood vessels, lungs and muscles to function at optimal efficiency. Some positive health benefits of physical fitness are: lower blood pressure, a decrease in body weight, a reduction in percentage of body fat, a reduced risk of heart disease, and a good feeling about yourself.

Regular exercise can start with a walk around the block, then gradually work up to a walk of 30 minutes or more a day. A low intensity activity (like walking) uses the aerobic oxygen system, and as you increase the length of the activity, your body switches from using glucose for energy to using fat stores for energy. Therefore, walking is an excellent way to lose weight. Ideally, physical activity should be

done 3-5 times a week to improve your fitness level.

Don't worry about the number on the scale. Regular exercise tones muscles so often you'll lose inches before you lose pounds. Use a measuring tape to measure your hips and waist before you begin exercising and then monthly so you can see the difference exercise

makes. To lose weight, energy output (activity) must be higher than energy input (food). Regular exercise combined with healthy eating is the best approach to weight loss.

If you are interested in learning more about healthy eating and exercise, you can contact the dietician at your local Health Centre.

Arena Donation



ELK POINT SKATING CLUB, represented by Jackie Whiffen-Peters, made a large and very welcome donation to the A. G. Ross Arena Operating Committee, represented by Dave Cousins, last week, as the skating season drew to an end after another busy and successful winter.

The Elk Point REVIEW

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--More from the Skating Carnival



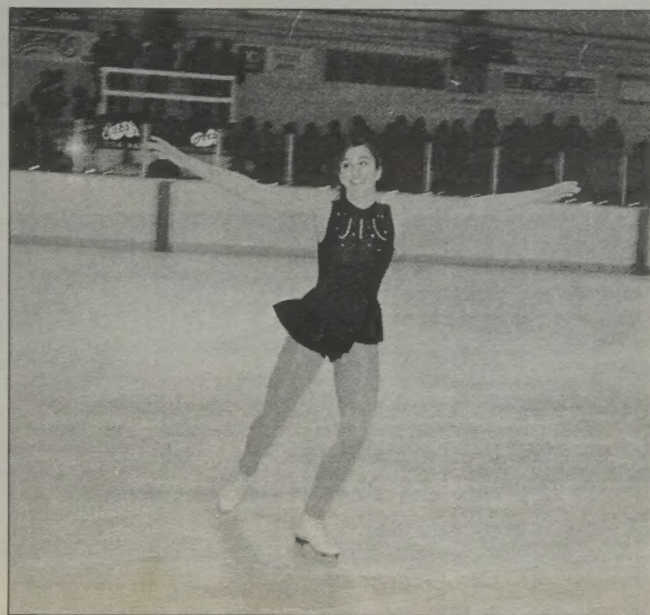
A TASTE OF THE EMERALD ISLE came from Brittany Ballas, Caherine Campbell, Megan Miller and Garrett Osinchuk.



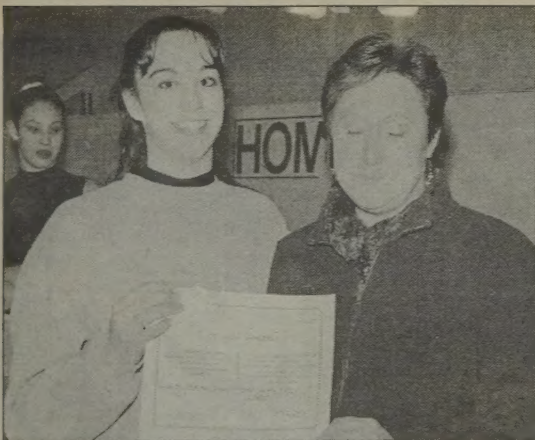
LIVELY LATIN RHYTHMS -- were interpreted by Kristyn Ballas, Ashley Bochon, Kristyn Buksa, Kristin Campbell, Valerie Friesen, Jessica Lee, Michelle Leckie, Amy Miller, Alyssa Osinchuk, Renita Osinchuk, Mallory Paquette and Chelsea Schnurer, in their salute to Brazil.



ST. PAUL PRECISION TEAM put their best feet forward as they skated a very polished routine to the sounds of "Saturday Night."



"THE WINDS OF CHANGE" accompanied a graceful number by senior skater Dennell Anderson.



GOLD STATUS -- Dennell Anderson was presented with her Gold Free Dance certificate by instructor Sandra Lindenbach.



A TOUCH OF CLASS, Kurt Browning style, was provided by guest skater John Feser of Lloydminster.



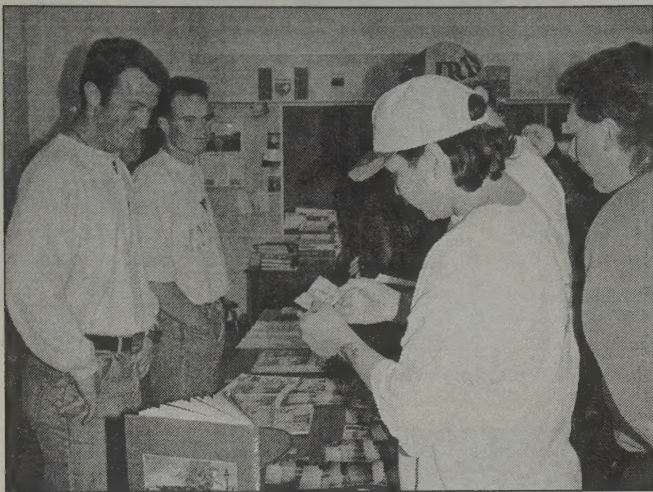
DONATION TO THE SKATING CLUB was made by Darrell Wickham on behalf of Norcen Energy Resources, and accepted by Jackie Whiffen-Peters.



THANKS, COACHES! Three of the people who instructed the skaters this year are (left to right) Sandra Lindenbach, CFSA, Bernie Garveau, CFSA Dance, and Lee Ann Wozniak, Canskate / Canfigure. Not shown is Kristie Weaver, CFSA.



JUNIOR COACHES --Left to right: Michele Leckie, Jamie Schnurer, Kandace Bjornstad, Jena Bassett, Canfigure Coach Christa Lypka and Julie Whiffen-Peters. All except Miss Lypka are Junior Canskate coaches.



FAR FROM HOME -- Australian Jason Reynolds and New Zealander Simon Barber, who are in the area on an agricultural exchange, told Heinsburg students about their homelands at the Multicultural Days event.

New Laws for Mobile Home Site Renters and Landlords

If you own a mobile home and rent a site, or are a landlord of a mobile home site or park, you should know about changes to your rights and responsibilities under the *Mobile Home Sites Tenancies Act* which came into effect April 1, 1996.

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Housing and Consumer Affairs Division

Calgary: 297-5700 Edmonton: 427-4088
(includes City of (includes all areas
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A copy of the *Mobile Home Sites Tenancies Act* (including the amendments) and its regulation is available at your local library. To purchase a copy of the act for \$4.00 (Visa/MasterCard accepted), call or fax your order to:

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Calgary - Phone: 297-6251 Edmonton - Phone: 427-4952
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THANK YOU THE ELK POINT & DISTRICT LIONESS CLUB

Would like to thank the people and businesses of the Elk Point area for generously supporting our club. We hope everyone who attended JOHN KAPLAN'S MAGIC SHOW enjoyed the evening.

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* The Elk Point and District Lioness Club thanks the 1996 graduating class volunteers who helped to set up and dismantle John Kaplan's Magic Bus Show, Stage Props. *

Heinsburg salutes many cultures

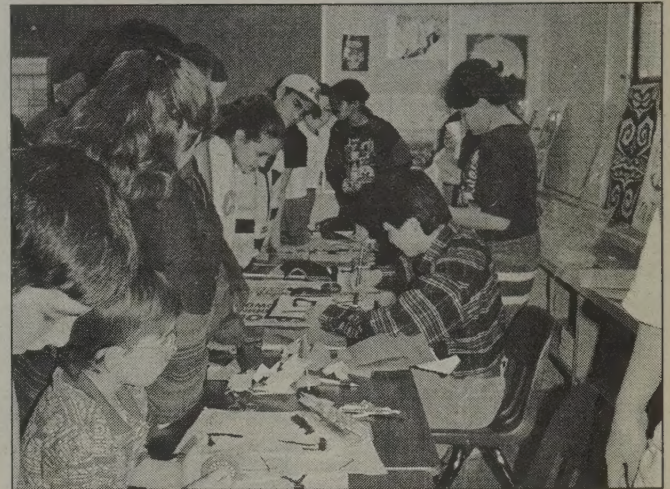
Heinsburg Community School saluted many different cultures last week at their Multicultural Days celebration.

Wednesday, a room filled with displays from Australia, New Zealand, Malaysia, Hong Kong, Japan and England, along with tasty French Canadian treats, was the centre of attention as students viewed photos, maps, and interesting items ranging from British horse brasses to jade figurines from Hong Kong.

Students then enjoyed presentations from Mitsuru Takahashi, a Japanese exchange teacher currently working at Frog Lake, who showed a very interesting slide show of his home town of Sapporo, Hokkaido, Japan, and from Herbert Daniels and Joseph Leeson of the Alberta Youth Animation Project, who talked about South Africa and

played a Jeopardy-style game about that country. The afternoon wound down with some stories from Clarence Labrie of St. Paul about the French Canadian settlers who came to

Alberta a hundred years ago, and a demonstration of French Canadian old-time dances by Les Tourbillons. Students joined in the fun, learning the popular "Cotton Eyed Joe."



A TOUCH OF JAPAN -- Japanese exchange teacher Mitsuru Takahashi thrilled the Heinsburg students by writing their names in Japanese calligraphy.

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Canada

Community Choir's 'Phantom' was PHANTASTIC!

(Continued from Front Page)

The star of the show, Carlotta Barracuda (Rosanne Colvin) also has a mother in attendance, and Madame Barracuda (Vicki Lumley) is a stage mom extraordinaire, who wants to make sure Christine is kept in her place — as Carlotta's understudy.

A visit from the local rat-catcher, Humphrey Rainwater (Lawrence Pidluzny) doesn't worry anyone much, but the dead body that flies out of nowhere is another matter — it's obviously the work of the Phantom. Junior has been alerted to keep an eye out for danger, but cannot save the poor prop man from becoming the next victim.

Christine's military boyfriend, Lt. Farleigh Good (Don Conrad) arrives and meets the formidable Carlotta, but is "Absent Without Leave" and has eyes only for Christine. If only he could whisk her away, or if Carlotta would miss a performance and Christine could show her potential! The one-man-band (Rocky Pilisko) has also arrived, and has demonstrated he can play forward and backward!

The Phantom obviously has a soft spot for the lovely ingenue, because a mysterious letter appears in Carlotta's dressing room, warning her against performing that night. Her mother harangues poor Miss Pampermouse, while Carlotta drinks a mysterious cocktail that also appeared on her dresser, and dies an extremely melodramatic death. The shocked chorus discovers her demise, and is further shocked by the appearance of the gleeful Phantom, who appears above their heads in a puff of smoke.

The second act sees three patrons of the arts (Emily Mueller, Mabel Gottenbos) backstage, wishing Miss Pampermouse good luck with her opening, and much annoyed to hear that Christine will be replacing Carlotta in the performance.

Christine's mother, however is in her glory until Carlotta shows up, not dead at all, due to having a cast iron stomach, according to her maid (Laurie Keichinger). What will the Phantom do if Carlotta sings? Everyone is worried, Christine is in tears, and the stage mothers exchange dirty looks.

Salome Dibble (Romy Rohner) arrives on the scene in search of her brother Eric, a singer who was devastated by a critic in this very theatre. Can Eric be the Phantom?

Just before curtain time, another disaster: Humphrey the ratcatcher has hung himself — but no matter, the show must go on, and the fat lady, Carlotta, must sing. Now we find out the Phantom wasn't fooling — the patrons of the arts are squashed by a plummeting chandelier!

Junior and Farleigh investigate the cellar, and are tortured by the Phantom, who is in turn tortured by Christine, who tells him "Time Wounds All Heels,"

and predicts he is the product of too much playground violence in his youth. She promises to go with the Phantom and thus succeeds in rescuing Farleigh. Carlotta has had enough stress and gives her notice, so Christine gets her hour in the spotlight.

The Phantom appears and is unmasked—and it's not Eric — it's that tiresome critic. Where is Salome's brother? He's still there, and he's not happy that

Christine has broken her promise and has forgotten him for Farleigh. Love wins out, however, when Farleigh disarms the real Phantom. Yes indeed, Farleigh, like the sweet Christine, is just "Too Good To Be True."

The Phantom was directed by Heather Krupa and produced by Don Conrad. Deanna Easthope was at the piano, and David Pilisko was the stage manager. Lighting was taken care of by Rob Walker, while Chris Johnson and David Pilisko looked after the sets. Rocky Pilisko and Levi May were the stage hands, and Debbie Lawrence, Sheri Johnson and Ellen Seward did the makeup.

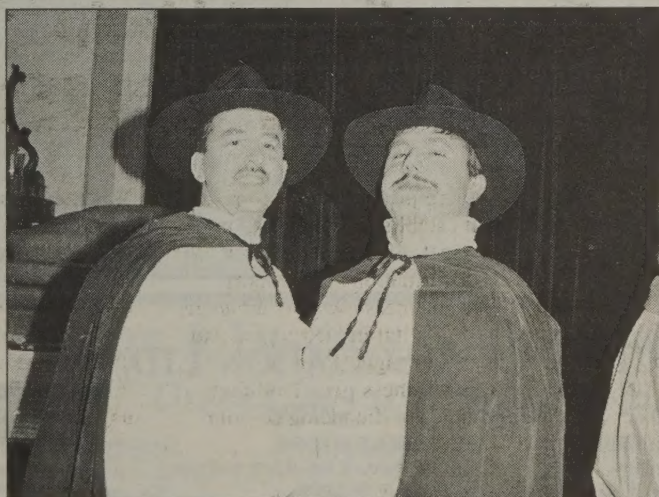
A special touch for this year's theatre presentation was the availability of souvenir t-shirts, reminiscent of those from the show's illustrious namesake, a lasting reminder of a very entertaining evening.



DETERMINED DIVA -- Carlotta Barracuda will go to death-defying lengths to keep that star upon her door, despite the efforts of the Phantom.



THE LIEUTENANT AND HIS LADY -- Lieutenant Farleigh Good begs the too-good-to-be-true Christine to be a permanent decoration on his sleeve.



WILL THE REAL PHANTOM PLEASE STAND UP? Two, count them, TWO phantoms are better than one as the mysterious tale of the haunted op'ry house comes to an end. At right the 'real' phantom, Eric (Shaun Sheplawy), at left is the malevolent theatre critic Silky Acidtongue (Don Bury).

Elk Point Insurance & Realty Ltd.

4826 - 50 Street, Elk Point, AB
724-3926

4813-52 Avenue

All the improvements have been made in this 816 sq. ft., 2 bedroom bungalow. New basement development, one bedroom, bath and large rumpus room with wet bar. New rugs and lino on main floor. Includes central VAC and window coverings.



4914-53 Avenue

Great Starter Home

Two bedroom 576 sq. ft. bungalow in excellent condition. Comes with fridge, stove, curtains and blinds and storage shed. Nice back yard with apple trees and raspberry patch. Asking ONLY \$30,000.



5101-54 Street

1232 sq. ft. three bedroom bi-level. Features European kitchen cupboards, dishwasher, main floor laundry, finished basement, large deck with enclosed storage area. Large lot 62'x116' with fenced back yard and gravelled parking area. Listed at \$87,500.



5314-49 Avenue

Refurbished one bedroom home with lots of character. Large rooms, new flooring and paint, walk-in closet, bathroom with antique tub, patio deck and single garage. Asking: \$35,000.



REDUCED

5106-51 Street - 627 sq. ft. two bedroom house. Centrally located. Includes fridge and stove and window coverings, 14'x22' garage. Was \$28,000 ... Now Only \$19,800.



Acreage

only 3/4 mile from Elk Point. Eleven acres with seasonal creek and dugout. Three bedroom bungalow with partially finished basement. 20'x22' barn, two wells, 120'x240' riding area, and more. ONLY \$75,300.



Larry Demchuk
724-2430

Holly Astill
826-4331

MEMBERS ONLY SALE



April 1st to 6th



in the **FAMILY FASHIONS DEPARTMENT**
at the Co-op Mall



25%

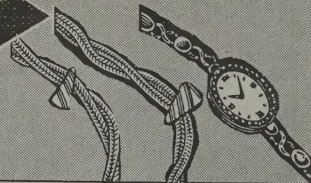
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are Final!

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HOME CENTRE &
FAMILY FASHIONS**

Mon. to Thurs. & Sat., 8 a.m. to 6 p.m.
Fri. 8 a.m. to 9 p.m.

GAS BAR

Mon. to Sat. 7 a.m.
to 10 p.m.



ST. PAUL & DISTRICT CO-OP ASSOCIATION LTD.

Owned by the Members We Serve

FOOD & DRUGS

Mon. to Fri. 9 a.m. to 9 p.m.,
Saturday 9 a.m. to 6 p.m.,
Sunday 10 a.m. to 5 p.m.

CAFETERIA

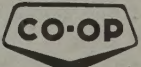
Mon. to Thurs., & Sat.,
8 a.m. to 5:30 p.m.
Friday 8 a.m. to 9 p.m.

ELK POINT STORE

Mon. to Thurs., & Sat., 9 a.m. to 6 p.m.
Friday 9 a.m. to 9 p.m.

We reserve the right to limit quantities.

For your convenience, we accept Bank Debit Cards at all Co-op Locations of St. Paul Co-op Mall, Elk Point and Gas Bar. No need to carry cash, make payment by Direct Debit.



Co-op Hassle-Free **GUARANTEE**

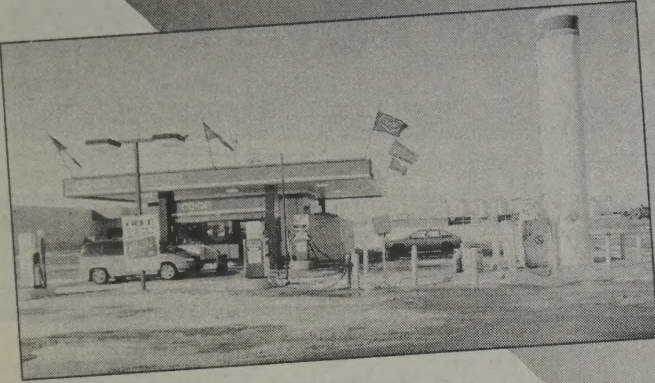
Your Co-op puts every effort into providing you with high quality products and excellent service. If, for some reason, you are not completely satisfied with your purchase, come back to your Co-op. When you leave, you'll be satisfied...we guarantee it. At Co-op, getting satisfaction is hassle free. Guaranteed!

EASTER HOURS: Thursday, April 4 - St. Paul Food Floor, Home & Agro Centre, Family Fashions and Elk Point Co-op - Open till 9:00 p.m.
Friday, April 5 - St. Paul Food Floor 10:00 a.m. - 5:00 p.m.; All Other Co-op Departments and Elk Point CLOSED
Sunday, April 7 - St. Paul Food Floor CLOSED

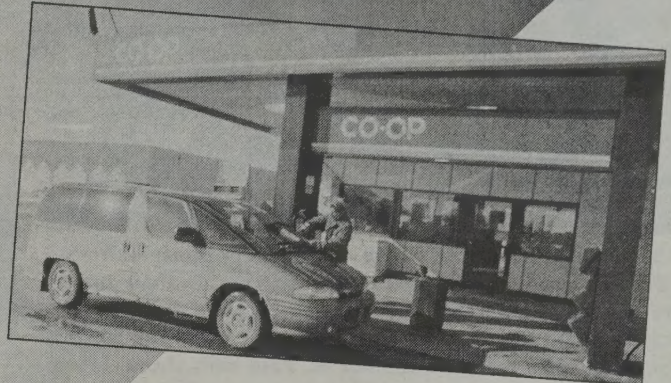


ST. PAUL CO-OP GAS BAR

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**Keylock
Propane
Diesel**



Commercial Accounts & Commercial Credit Available



**GOOD
FRIDAY**
9 a.m. - 9 p.m.



HOURS OF OPERATION

Mon. to Sat. 7 a.m. to 10 p.m.
Sunday 9 a.m. to 10 p.m.

CLOSED
**Easter
Sunday**



DIRECT
PAYMENT



MEAT



DEPARTMENT

LEG HAMS

Whole
Ready-to-eat
\$2.16 kg

98¢
lb.

HOLIDAY HAMS

Boneless
Whole or halves
\$4.39 kg

\$1.99
lb.

BONELESS CHICKEN BREAST **\$3.99**
Frozen, Seasoned
\$8.80 kg lb.

**BONELESS CHICKEN
BREAST FILLETS** **\$16.99**
2 Kg Bag ea.



OFFICIAL NOTICE ST. PAUL & DISTRICT CO-OP



ANNUAL MEETING

Wednesday, April 24, 1996
7:30 p.m.

Co-op Mall - St. Paul, Alberta
(Dessert & Coffee served at 7:00 p.m.)

Election of Directors

Five Director positions are open for election this year. If you are interested in serving on the board or know of someone else who may be interested, information is available at the administration office or contact one of the following directors on the nominating committee:

Alan Pederson - 645-2142
Dennis Shtybel - 645-6939
Gerard Tremblay - 645-2229



ST. PAUL CO-OP MALL HOME CENTRE & FAMILY FASHIONS

Mon. to Thurs. & Sat., 8 a.m. to 6 p.m.
Fri. 8 a.m. to 9 p.m.

GAS BAR

Mon. to Sat. 7 a.m.
to 10 p.m.
Sunday 9 a.m. to 10 p.m.



DIRECT
PAYMENT

ST. PAUL & DISTRICT CO-OP ASSOCIATION LTD.

Owned by the Members We Serve

FOOD & DRUGS

Mon. to Fri. 9 a.m. to 9 p.m.,
Saturday 9 a.m. to 6 p.m.
Sunday 10 a.m. to 5 p.m.

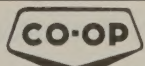
CAFETERIA

Mon. to Thurs. & Sat.,
8 a.m. to 5:30 p.m.
Friday 8 a.m. to 9 p.m.

ELK POINT STORE

Mon. to Thurs. & Sat., 9 a.m. to 6 p.m.
Friday 9 a.m. to 9 p.m.
We reserve the right to limit quantities.

For your convenience, we accept Bank Debit Cards at all Co-op Locations of St. Paul Co-op Mall, Elk Point and Gas Bar. No need to carry cash, make payment by Direct Debit.



Co-op Hassle-Free GUARANTEE

Your Co-op puts every effort into providing you with high quality products and excellent service. If, for some reason, you are not completely satisfied with your purchase, come back to your Co-op. When you leave, you'll be satisfied...we guarantee it. At Co-op, getting satisfaction is hassle free. Guaranteed!

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Friday, April 5 - St. Paul Food Floor 10:00 a.m. - 5:00 p.m.; All Other Co-op Departments and Elk Point **CLOSED**
Sunday, April 7 - St. Paul Food Floor **CLOSED**

Elk Point hosts Junior Bonspiel



FIRST EVENT WINNERS in the recent Junior Bonspiel hosted by the Elk Point Curling Club shown accepting their trophy from Leonard Gadowski were (back row, left to right) Natalie Morgan, Farrah Kormish, Melanie Desaulniers and Tania Bosch of St. Paul, who defeated another St. Paul rink (front, left to right): Glen Looy, Glen Cherniwchan, Jeremy Robinson and Justin Lock.



THIRD EVENT was also won by an Elk Point rink. Leonard Gadowski presented trophies to (left to right) Tyson Ballas, Ferlin Quinney, Loren Kozicky and Craig Hutton, who won over St. Paul curlers (front, left to right) Brent Kossey, Kevin Semeniuk, Melissa Tymchyshyn, Michael Shepert and Diana Poulin.

SECOND EVENT, shown at right, saw an Elk Point rink, (left to right) Sheldon Ballas, Craig Lee, Justin Conrad and Kristin Holthe, accepting trophies from Leonard Gadowski after their win over Marwayne curlers (front, left to right) Kirt Murray, Bryce Hames, Garth Davies and Jarret Nelson.



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Investment Advisor

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RICHARDSON GREENSHIELDS

An Easter Parade of Values!

Save Now until April 12 on these great buys:

Magazine Rack, 3 pocket	Reg. \$16.99	\$9.99
Mighty Sorter	Reg. 7.99	4.99
Stak-A-File Wall System	Reg. 27.99	19.99
Westab Nylon Backpacks	Reg. 13.99	4.99
Large Nylon Backpacks	Reg. 19.99	9.99
Aztec Backpacks	Reg. 24.99	19.99
Nylon Lunch Bags	Reg. 2.49	1.99
Insulated Lunch Kit	Reg. 9.99	4.99
Boxed Stationery	1/2 Price	
Stationery Portfolios	1/2 Price	
Kids Chore Boards - Dry Erase	Reg. 14.99	7.49
Crayola NHL Markers	Reg. 5.49	2.99
Crayola Overwriters Markers	Reg. 4.99	2.99

SAVE NOW ON Scientific Calculators!

Curtis Multi Function	\$13.99	\$10.99
Texas Instrument 32	29.99	24.99
Casio Graphing Calculator	69.99	59.99
Casio FX 991HS 199 functions	34.99	26.99
Casio FX 991SW, 284 functions	34.99	29.99
Canon F500, 136 functions	16.99	12.99
Texas Instrument 36, 1only	42.29	15.99



**Elk Point Review
Printing & Stationery**

4809-50 Ave., Elk Point, Phone 724-4087

New process in 1996 for Youth Entrepreneur program

Easter is on our doorstep and young students are already starting to dream and plan for the summer of 1996.

One exciting activity available for students to participate in last year was the "I Want To Be A Millionaire" youth entrepreneur program, which was facilitated by the St. Paul / Smoky Lake Business and Community Development Corporation.

This year, a process is underway in the communities of St. Paul and Elk Point to encourage these communities to facilitate this very worthwhile program for students in their respective communities, which would enable more students to participate at a lower cost. Presentations to community and service clubs about the program are underway, with the final goal to find a local organization which will take ownership of the project and to find local financial sponsorship.

In 1995, the Corporation provided financial support and did obtain good community support in terms of donations, donations-in-kind and donated time by volunteers. This year, the Corporation is faced with reduced funding from Western Economic Diversification and is not able to offer financial support, but is prepared to act as a resource, facilitate the process of local ownership and provide training to enable each community to successfully run the program on their own.

The Millionaire program is a community based program and is designed to enhance relationship building between schools, youth,

parents/guardians, business and community developers.

If you are an interested community member or community organization who wishes to get

involved with the program, contact Anne Himschoot at 645-5702. Together, we can make the program happen for 1996!

ELK POINT MINI-MARKET

(Formerly Farmers Market)

OPENING DATE: Friday, April 5, 1996

11:00 - 3:00 p.m.

NOW LOCATED ON MAINSTREET

(Former Macleods Bldg - 4908 - 50 St.)

Crafts, Baking, Canning, Plants, Honey, Eggs & Flea Market items.

To book tables phone: Lois 724-3823 or Elsie 724-3792

All Vendors Welcome!



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AGT phone bill. Internet help is available 24 hours a day, seven days a week. To order or to get more information,

call **1-800-608-1155** or visit your nearest AGT TeleSolutions™ Network Distributor. If you're already

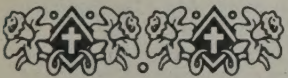
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He Has Risen

What's new at Playschool

By Diane Pashulka

Playschool Instructor

The new children joined us at a special time just before St. Patrick's Day. For some reason there are always little green footprints on the floor at this time and also shamrocks and gold coins left in the room. We have a great time looking for the fellow who does this. It still remains a mystery.

The fellow who visits in April, though, is one who is easier to guess. His footprints are huge and he leaves us wonderful chocolates and eggs to find. Maybe I should start locking the Playschool door, what do you think??

Now the leprechaun is gone we will be doing some visiting around town. Our Community Helper theme is always so much fun for we try and get around to the businesses in town. They treat us very kindly and always have something for us to remember the visit by. Hopefully the weather will coincide with our plans.

Special thanks to the Elk Point Elks for their donation of \$214 to Playschool to be put toward the purchase of a vacuum. It is very important for Playschool's environment to remain clean and inviting, this will certainly be an asset. Thank you.

Thanks also to the Review for their donation of a wedding book. The kids love to look at the invitations and create their own ideas. Thanks also for donation of extras throughout the year as well.

If you are interested in joining the Playschool program for the last few exciting months, please drop by at the Elementary School or phone me (Diane) at 724-2400. We are always happy to hear from you.

Happy Easter, everyone.





COUNTY OF ST. PAUL No. 19

Manned Landfill Sites

Summer Hours

Effective April 1 to September 30, 1996

Hours of Operation:

Saturdays - 10:00 A.M. - 6:00 P.M.
 Tuesdays - 10:00 A.M. - 6:00 P.M.

Mallaig N.E. 24-60-10-W4
 Ashmont N.E. 34-59-11-W4
 Whitney Lake N.E. 8-56-4-W4
 Vincent Lake N.W. 8-59-9-W4

Hours of Operation - Saturdays Only - 10:00 A.M. - 6:00 P.M.

St. Edouard N.W. 27-57-8-W4
 Lafond N.W. 20-56-10-W4
 Lottie Lake S.W. 34-58-11-W4
 St. Vincent N.E. 32-59-9-W4

Hours of Operation - Tuesdays Only - 10:00 A.M. - 6:00 P.M.

St. Lina S.E. 29-61-10-W4

Hours Of Operation:

Saturdays - 10:00 A.M. - 6:00 P.M.
 Tuesdays - 10:00 A.M. - 6:00 P.M.
 Thursdays - 8:00 A.M. - 4:00 p.m.

Town of Elk Point N.E. 15-56-7-W4

If further information is required, please contact
Dennis Bergheim - Phone 645-3301

PAULICHUK FARM EQUIPMENT LTD.

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 Phone (403) 645-4465 or 1-800-661-9025

**FREE GIFT
TO THE
FIRST 150
PEOPLE**

SPRING BREAKUP SALE
FRIDAY, APRIL 12, 1996
9:00 a.m. to 4:00 p.m.

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&
DONUTS
SERVED**

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Special Sale Prices

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- HAY & MOISTURE TESTERS
- EQUIPMENT DISCOUNTS
- HARROW TINES
- BATTERIES



Plus Many More Specials *Everyone Welcome*

INVITATION TO TENDER COUNTY OF ST. PAUL NO. 19 S.H. 881:14

Sealed tenders for selective grading, granular base course, asphalt concrete pavement - EPS and other work for the County of St. Paul No. 19 will be received at the County office until 11:00 a.m., Local Time, Thursday, April 11, 1996.

PROJECT DESCRIPTION:

S.H. 881:14 from Jct. Hwy. 28 to Jct. Hwy. 28A21.32 km

APPROXIMATE QUANTITIES:

Asphalt Concrete Pavement - EPS41,100 tonnes
 Granular Base Course12,870 tonnes
 Excavation60,000 cubic metres

Note: This is a contractor supply of aggregates contract with option.

Plans and specifications may be obtained from the office of the Consultant, Torchinsky Engineering Ltd., 130 Sioux Road, Sherwood Park, Alberta. Tender documents will be available for pick up at 1:00 p.m., Thursday, March 28, 1996.

A non-refundable fee of Thirty-Five Dollars (\$35.00) made payable to Torchinsky Engineering will be required for each set of document taken.

Tenders must be accompanied by a certified cheque or bid bond in the amount of ten percent (10%) of the total sum tendered. The Owner reserves the right to reject any or all tenders. The lowest or any tender will not necessarily be accepted.

If further information is required, please contact Mr. Leo de Moissac, Public Works Superintendent, County of St. Paul No. 19, in St. Paul at 403-645-3006.

For technical or engineering information, contact Mr. Terry Colosimo, P.Eng. or Mr. Ron Bjerke, P.Eng, Torchinsky Engineering Ltd. at 464-4550 in Sherwood Park.



TORCHINSKY ENGINEERING LTD.

CONSULTING ENGINEERS



County of St. Paul No. 19

TAKE NOTICE that the following Development Permit has been issued in accordance with Land Use Bylaw No. 1146 of the COUNTY OF ST. PAUL NO. 19.

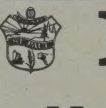
PERMIT NO.	LOCATION	TYPE OF DEVELOPMENT
1678	S.E. 9-56-4-W4	Park Restaurant A Food Establishment which will include the Serving of Liquor

Any person claiming to be affected by the said Development, may appeal to the Development Appeal Board by serving Notice of Appeal to the Secretary of the Development Appeal Board of the

COUNTY OF ST. PAUL NO. 19
 5015 - 49 Avenue
 St. Paul, Alberta T0A 3A4

within fourteen (14) days.

April 2, 1996 Ken Yettaw
Development Approval Authority



NOTICE

is hereby given that a

Meeting of the Electors

of
the County of St. Paul No. 19

will be held at the County Office, 5015-49 Avenue, St. Paul AB.
Tuesday, April 9, 1996 at 4:00 p.m.

For the discussion of the 1995 affairs of the County.

The Financial statement and auditor's report will be made available and presented at the April 9, 1996 Annual Meeting.

The Financial statement and auditor's report for the year ending 1995 for the County of St. Paul No. 19 are available at the County Office for pick-up.

Robert Krawchuk, County Administrator

COUNTY OF ST. PAUL NO. 19 Notice of Public Hearing LAND USE BYLAW NO. 1294

TAKE NOTICE that Pursuant to the Municipal Government Act, S.A., 1994, as amended, the Council of the County of St. Paul No. 19 proposed to adopt a new Land Use Bylaw for the County.

The purpose of this new Land Use Bylaw is to:

1. divide the County into Districts.
2. prescribe and regulate for each District the purposes for which land and buildings may be used;
3. establish a Development Authority and a Development Authority Officer for the County;
4. establish a method of making decisions on applications for development permits, including the issuing of developing permits; and
5. provide the manner in which notice of the issuance of a development permit is to be given.

A copy of this proposed Bylaw may be reviewed and inspected by the public at the St. Paul County Office during the hours of 8:30 a.m. to 4:30 p.m., Monday through Friday.

At 1:00 p.m. on Thursday, April 11, 1996, the Council of the County of St. Paul 19 will cause a Public Hearing to be held in the County Council Chambers at the St. Paul County Office, at which time objections or comments regarding the proposed Bylaw may be given and received.

PUBLIC HEARING AGENDA:

- a. Chairman declares Hearing open.
- b. Chairman introduces Council and Administration.
- c. Chairman reviews procedures.
- d. Administration states purpose of Bylaw and outlines content of Bylaw.
- e. Chairman opens Hearing for public submissions.
- f. Chairman declares Hearing closed.

Robert Krawchuk, Manager
 County of St. Paul No. 19
 5015-49 Avenue, St. Paul, AB., T0A 3A4
 Dated at St. Paul, AB. this 12th day of March, 1996.

Chazz PALMINTERI
Rated: Mature

■ Lakeland Marketplace

■ Lakeland Marketplace

■ Lakeland Marketplace

■ Lakeland Marketplace

CLASSIFIED INDEX

1..... Auctions	14..... Lost
2..... Autos	15..... Machinery
3..... Babysitting	16..... Miscellaneous
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5..... Commercial Real Estate	18..... Personal
6..... Employment Opportunity	19..... Pets
7..... Entertainment / Events	20..... Real Estate
8..... Feeds & Seeds	21..... Recreational
9..... For Rent	22..... Services
10..... For Sale	23..... Tenders
11..... Found	24..... Travel
12..... Garage Sales	25..... Wanted
13..... Livestock	100..... Display Ads

1 AUCTION

BUY OR SELL with the auction professionals. For quality service with the highest returns, contact your local Auctioneers Association of Alberta Member. 13-13

2 AUTO

FOR SALE - 1994 Aerostar XLT Van, electric, 4WD, automatic, loaded, bench seats, 59,000 km, very nice condition. \$18,000. Phone 403-724-2002. Apr2

FOR SALE - 1986 Grande Marquis, 351 V8 eng., power locks, seats & windows. 155,800 km. One owner. Very good condition. Asking \$4,000, open to offers. 645-5192. Apr2

THINKING OF SELLING your truck? Is your lease due? We buy vehicles for cash. Wanted: Clean low/average mileage late model trucks and sport utility 4 X 4's. 1-800-791-8120. 4-13

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Ron at
Specialty Motor Car
5037-50 Ave., St. Paul - 645-6998

4 BUSINESS OPPORTUNITIES

GOVERNMENT FUNDS. Government assistance programs information available. For your new or existing business. Take advantage of the government grants and loans. Call 1-800-505-8866. 4-13

IT'S FINALLY HERE. Safe economical hydrogen technology. Increase mileage from 30 to 60 percent. Boost power as much as 30 percent. Reduce emissions as much as 90 percent. Phone 403-843-3713. 2-14

NEED A CAREER change, extended or family business? 300 concrete ornament molds and machinery. Very good return. St. Albert based. 9711 - 97 St., Morinville, AB, T8R 1G9. 2-14

EARN EXTRA CASH now. Information agents required in rural Alberta from Red Deer - south to the U.S. border. If you possess good communication skills, have a keen interest in helping people and are comfortable with a computer, fax your resume to: 403-949-2426 or call 1-800-649-8813. 2-14

CLASSIFIED AD DEADLINE 12-NOON THURSDAY, APRIL 7

4 BUSINESS OPPORTUNITIES

OPPORTUNITY of a lifetime! Turn \$1,250. into \$10,000. or more in 4 - 6 weeks or less, 10 day unconditional money back guarantee. Call 1-800-480-2095 ext. 2027. 2-13

CHANGE your life forever. Tired of your routine job. Develop a \$10,000. income in 30 days and a million in a year based on profit sharing. 1-800-432-0018 ext. 5824. 1-13

DISTRIBUTOR REQUIRED for EZN Ramps. Hot new truck accessory. Low investment with protected territory. Must have use of full size late model pickup. 1-800-987-6587. 1-13

INNOVATIVE NEW company seeking mechanically minded entrepreneurs. Get in on ground level of this excellent business opportunity. Small investment required. Call 403-349-6390/403-349-4290; fax 403-349-6390. Superinjector, Box 2396, Westlock, AB, T0G 2L0. 1-13

MLM OPPORTUNITY of the 90's! Two tremendous products! Stop smoking program! Weight control program! All natural herbs! Money back guarantees! Will appeal to millions. Get positioned early! Bob, 403-933-4817; Glen, 403-257-2346. 1-13

PRINT SHOP for sale, Barrhead, AB. Established more than 20 years. Priced at \$25,000. for quick sale. Phone of fax 1-403-674-3503. Box 4532, Barrhead, AB, T7N 1A4. 1-13

6 EMPLOYMENT OPPORTUNITIES

EARN UP TO \$1,000 A WEEK FROM HOME - For free details send S.A.S.E. to G&R Enterprises, Box 80049, Sherwood Park, T8A 5T1. Apr9

BE A SUCCESSFUL WRITER. Write for money and pleasure with our unique home-study course. You get individual tuition from professional writers on all aspects of writing - romances, short stories, radio and TV scripts, articles and children's stories. Send today for our free book. Toll free 1-800-267-1829, fax 1-613-749-9551, The Writing School, 2532 - 38 McArthur Ave., Ottawa, ON, K1L 6R2. 4-13

WESTERN CANADIAN SCHOOL of Auctioneering. Next course Apr. 15 - 26/96. For a free brochure call 403-777-9388 or 1-800-252-3313 or write to: 8315 - 40 St., S.E., Calgary, AB, T2C 2P1. 1-13

A NEW CAREER? Trained apartment/condo managers needed across Canada. We train! Job search assistance. Also many jobs available in BC. Information/brochure call 1-800-665-8339. 1-13

REQUIRED IMMEDIATELY, picker operators, bed truck, and winch tractor operators. Also H.D. mechanic. Send resume to: Box R, c/o Bonnyville Nouvelle, Box 8174, Bonnyville, AB, T9N 2J5. 6-18

L.E. MATCHETT Trucking Company Ltd., Saskatoon, SK needs seasonal truck drivers to haul anhydrous ammonia and dry bulk for the spring season Apr. 15 - May 31. Must have class 1A license, good driving record and at least one year driving experience. Call Arnold 306-242-5899 between 8 - 5 p.m., Mon. - Fri. 3-14

LICENSED HEAVY DUTY mechanic or late year apprentice for John Deere dealership in southern Alberta. J.D. experience preferred but not necessary. Full benefit package. Contact: E. Warner, 5802 - 56 Ave., Taber, AB, T1G 1X7 with resume or call 403-223-3588 for additional details. 2-14

WANTED
SHORT ORDER COOKS
& WAITRESSES

Apply in person with resume to Coreen at Ace Pizza and Grill. 724-3550.

6 EMPLOYMENT OPPORTUNITIES

LARGEST MIDWEST Chev Olds dealer requires career sales and lease professional. Contact: Ian Nicholson, Sales Manager, Ulmer Chev Olds, Lloydminster, 1-800-661-6372. 2-13

CRANE OPERATORS with Alberta journeyman ticket or equivalent and indentured apprentices are invited to forward resumes to: Box 33081, Glenwood P.O., Edmonton, AB, T5P 4V8. 1-13

WANTED FORD journeyman technician. Electronic EEC experience preferred. Excellent wages and benefits. Straight time with productivity bonus. Apply: Terry, Brentridge Mercury, Wetaskiwin. Phone 403-352-6048. 1-13

SELF-SERVE A&W restaurant accepting applications for immediate employment and summer months for kitchen and counter help. \$6. starting. Accommodation \$5/day. Reply to: Box 2307, Jasper, AB, T0E 1E0. 403-852-4930. 1-13

DRUMHELLER CO-OPERATIVE LIMITED, an established retailing organization is currently recruiting for the position of: Lumber Supervisor. Reporting to the Lumber Manager, the successful applicant will have one to three years related experience with emphasis on marketing/merchandising skills, enthusiasm, be customer service driven and a proven ability and desire to learn. Drumheller Co-op is part of the Co-operative Retailing System (CRS) in western Canada. With over 300 retail Co-ops and approximately two billion dollars in annual sales, we offer excellent opportunities for increasing levels of responsibility, personal growth and challenge. In addition, we offer a competitive salary and superior benefit package. If you are interested in starting a career in the CRS, please apply in writing, stating qualifications and salary expectations to: Gil Blais, Operations Manager, Drumheller Co-op, Box 6000, Drumheller, AB, T0J 0Y0. Drumheller Co-op thanks all applicants for their interest in this position, however, only those applicants considered for an interview will be contacted. 1-13

DAVID THOMPSON RESORT - Summer staff required, maintenance, motel, restaurant, store. Phone 403-721-2103, fax 403-721-2267. Box 1929, Rocky Mountain House, AB, T0M 1T0. Contact: Ron Killick. 1-13

COLUMBIA ICEFIELD tour bus operators, Jasper National Park. As a Sno-Coach Tour operator, you will ensure the safe transportation of our customers while providing a commentary of the human and natural history of our area. To meet the demands of this challenging position, you must have a valid Alberta class 2 driver licence with air endorsement. You will also need good communication skills. This is a seasonal position from May or June until Sept. or Oct. Accommodation provided. Please phone for a Columbia Icefield employment package at 403-762-6735. 1-13

THE TOWN of Meadow Lake, SK requires a Firechief/building inspector, with senior experience in firefighting and training. Experience in building construction or inspection is also an asset. For more details contact, Richard Levesque at 306-236-3622. Application deadline is Apr. 12, 1996. 1-13

WANTED: Driver with Class 1 licence. 7 axle experience a necessity. For Altario, Consort, Provost, Hardisty areas. Paid on commission. Shift work 7 & 3, 7 & 4. Resume to: Box 706, Kirriemuir, AB, T0C 1R0. 1-13

LICENSED AUTO mechanics required for progressive Chrysler Jeep dealership, Williams Lake, BC. Send resume to: 122 North Broadway, Williams Lake, BC, V2G 2P2, Attention: Rick Koss or call 1-604-392-2305. 1-13

6 EMPLOYMENT OPPORTUNITIES

PROGRESSIVE NORTHERN BC Ford dealer requires the following: Ford qualified parts person, wholesale experience preferred, service advisor, Ford qualified technician. Fax resumes to: 1-604-847-4955 or call 1-604-847-2241, Attention: Bill or Geoff. 1-13

7 ENTERTAINMENT & EVENTS

ARMS SHOW modern and antique firearms and collectibles. Buy, sell, trade; free appraisals Apr. 5 and 6, 9:30 to 4 p.m. Roundup Centre Calgary. 2-14

OLDS COLLEGE Open House '96. "Sowing The Seeds of Education!" Sat., Mar. 30, 9 - 4 p.m. Discover new career opportunities. Located north of Calgary along Highway 2. Information 403-556-4611, 403-556-4613. 1-13

CROSS STITCH Crazy Country Campout, Brooks, AB, May 3, 4, 5, or Sept. 20, 21, 22. Send \$100. to: Frameways, Box 2196, Brooks, AB, T1R 1C8. 1-13

12th Annual RARE & EXOTIC SALE - Sat., April 13, 10:30 a.m. Lloydminster Exhibition Grounds. Now accepting entries for odd and unusual birds and animals. Entries accepted til 10:00 a.m. sale day. Livestock sells at 2:00 p.m. (306) 825-5571.

8 FEED & SEED

SEED FOR SALE - Seed wheat - 99% germ.; seed barley - 90% germ.; seed oats - 95% germ.; Argentine seed canola - 98% germ. Ph. Denis 657-2296. Apr3

9 FOR RENT

FOR RENT - Suite in 4-plex. Available April 1, renovated in 1995. Great location. References required. Phone Al 724-3913. Apr2

1, 2 & 3 BEDROOM APARTMENTS - in Elk Point. Furnished or unfurnished. S.S. Management. Contact 724-4138 or Steve or Mary Ann 826-2250 for more information. Residential Caretakers needed. xxx

LOVELY WELL KEPT farm home overlooking Derwent Village. \$300. Carl 466-5263. xxx

3 BEDROOM HOUSE in Central Elk Point, includes utilities, \$500.00. Phone 1-435-1481. xxx

FOR RENT or lease in Consort, AB. 3168 sq. ft. commercial space. Corner of Highway 12 and Main Street. Utilities included. Available Apr. 1. Phone 403-577-3538. 1-13

10 FOR SALE

OLYMPIC BUILDING SYSTEMS your fully engineered approved agricultural, commercial building supplier. Buildings custom designed to your needs and area conditions. For information package call 1-800-426-0459. 2-13

FARM AND BUSINESS Specials. VHF - UHF, 2-way radios and portables - add ons to existing systems - aurora and XJ phones. Western Midland Communications 1-800-289-6918; 403-250-9433, Calgary. 3-13

NEW 24" satellite dish with the newest digital receiver and the capability to hook a computer to the system for access to future interactive systems. Phone anywhere in province 24 hours to 403-843-3713. 2-14

METALCLAD SHOPS/warehouses/arenas. Will build anywhere, straight wall construction, lowest prices, prompt service. Engineering and design available. Apex Building Systems, Calgary, 403-280-2739, 1-800-679-APEX (2739). 1-13

60' X 90' X 14' FARM SHOP, straight wall, galvalum cladding, \$19,975. Coloured cladding, doors, windows, labour and freight extra. Master-Craft Buildings Systems Ltd. 1-800-432-1836, Calgary 403-269-4117. 1-13

LAKELAND MARKETPLACE
COMBINATION CLASSIFIEDS

Your classified ad can be read in over 20,000 papers.
Select your classified readership for as little as \$3.00 / week.

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WHERE YOU
WANT TO GO

CLASSIFIED AD RATES

St. Paul Journal / Two Hills County Journal

Tuesdays - \$4.00 per week + G.S.T.
Elk Point Review

Tuesdays - \$3.00 per week + G.S.T.
Grand Centre Sun

Tuesdays - \$3.00 per week + G.S.T.
Bonnyville Nouvelle

Tuesdays - \$3.00 per week + G.S.T.

Combination of all papers - \$12.00 / Week

(20 cents per word per newspaper insert over 25 words)

Corrections - The publisher will be responsible for only one insertion as a correction. It is the responsibility of the purchaser of the classified ad to check their ad after the first publication and let us know if there is a mistake before the next insertion is printed. The publisher will not be responsible for errors in classified ads that have been phoned.

Place your order at either of our offices:

St. Paul Journal - 645-3342

Elk Point Review - 724-4087

■ Lakeland Marketplace

■ Lakeland Marketplace

■ Lakeland Marketplace

■ Lakeland Marketplace

10 FOR SALE

COUTTS ALL STEEL portable sawmill, D333 Powerunit, hydraulic turner, conveyors, more. \$39,000. New 1600 walk-out bungalow, 80 acres, fencing, shop and buildings included. \$289,000. 403-778-6279, Whitecourt. 1-13

REGENT SHOW home clearance. Modular open to offers. 16 wides from \$39,995. Spectacular savings to be had while inventory lasts. Open 9 to 7 p.m. Pleasant Homes 403-962-0238. 7-19

MANUFACTURED HOUSING Clearance Center. 14 showhomes, 5 year warranties. Triple "E" and S.R.I. Homes. 16' wides from \$34,900. Best Alberta pricing! We deliver! 403-235-5850. M&K Calgary. 4-16

\$39,900. FACTORY DIRECT pricing 1996, 16 X 80, three bedroom, 2 bathrooms, fridge, stove, delivered, leveled, blocked. Down payment as low as \$999. O.A.C. Free credit approval. Ridgewood Homes, Red Deer, 1-800-797-5714; Calgary 1-800-797-5717. 4-15

\$39,900. Brand new 3 bedroom, 2 bathroom home with fridge, stove, coverings, gas water heater, 2 X 6 construction, storm doors. Limited offer. Commonwealth Homes, Red Deer, 1-800-341-6675. Lethbridge 1-800-640-2012. 1-13

JANDEL HOMES - Edmonton's largest selection. Dry walled 16' wides and modulars. Appliances, cathedral ceilings, delivery. Used home, 5% down payment. 16 X 71, \$29,900. 1-800-463-0084. 1-13

WHY NOT a manufactured home. Warm, bright, spacious and great value for your money. 1995 homes on sale. Central Alberta Custom Homes, 1-800-347-5590; 403-347-5566 Red Deer. 1-13

RIDGEWOOD HOMES. \$39,900, 3 bedrooms, 2 baths, factory direct, 5% down, fridge, stove. Delivered/blocked. Free credit approval, site inspection. 403-470-5660, collect. Hurry! Won't last! 1-13

GET IMMEDIATE CASH for used mobiles. Vacant ones get priority. 403-484-9163. 1-13

13 LIVESTOCK

FOR SALE - Purebred Murray Grey yearling bull. Low birthweight (76 lbs.) over 1000 lbs. at one year. Ideal for heifers. Shamrock Murray Greys, Lee Wruth 724-2418. Apr9

FOR SALE - Purebred Limousin bulls, yearling and 2-year-olds, some polled. Also Purebred Limousin Yearling heifers. Legault Farms, 403-826-2125. Apr16

FOR SALE - Two miniature yearling male ponies. Very quiet. Lovable pets. \$450 each. Phone 635-2489, St. Lina. Apr9

FOR SALE - Yearling Roan Shorthorn bulls, polled and horned, high gaining performance. Tested at Vermilion Test Station. 85 lbs. birth weights. Reasonably priced. Phone 635-2489 St. Lina. Apr16

FOR SALE - Purebred Charolais bulls, yearling and 2-year-olds. Also purebred yearling heifers. Call 726-2579, Gold N Bolders Farms. Apr23

FOR SALE - Yearling and 2-year-old purebred Gelbvieh bulls from easy calving sire. Moderate birth weights. 657-2276. Apr30

FOR SALE - 150 mixed bred heifers, some with calves at foot. Phone 403-367-2250 or 403-367-2708. Apr16

FOR SALE - Red Angus Yearling bulls. 5 Red heifers — grassers. Phone 635-2112. Apr16

MYRNAM AG. SOCIETY BULL SHOW AND SALE - April 22/96. Show 10 a.m., Sale 1 p.m. Myrnam Arena. Limousin, Salers, Charolais, Simmental Red Angus, Black Angus, Horned Herefords and Polled Herefords. Yearlings and 2-year-olds. Vet inspected. For catalog phone Josie 741-2188. Apr16

13 LIVESTOCK

BLACK ANGUS BULLS - Yearlings and 2-year-olds. Good selection of low birthweight bulls for heifers; Performance bulls for your cows. STRETTON ANGUS, Marwayne. Phone 403-847-2395 or 847-2175. Apr16

QUALITY MAINE ANJOU BULLS - Yearlings and 2-year-olds, reds and blacks. Also open and bred heifers. Contact River Ridge Ranch or phone 635-2592. xxx

4 VIRGIN PUREBRED YEARLING SIMMENTAL BULLS - 1 - 4-year-old fullblood Polled simmental herd sire. Semen tested and papered. Evenings or weekends 636-2454. Apr2

MAINE ANJOU YEARLING BULLS FOR SALE - Solid black and reds. Stout with good disposition, from sound milkers. Lakeland Maine Farms 635-3745. Apr2

FOR SALE - Purebred Charolais bulls, yearling and 2-year-olds. Also purebred yearling heifers. Call 726-2579, Gold N Bolders Farms. Apr2

GOOD SELECTION OF - Limousin Bulls, 2-year-old and yearlings, fullblood and polled; also hay wanted. Phone 939-2173 (Morinville). Apr9

FOR SALE - Yearling Salers and Gelbvieh bulls. Polled and horned. Sandy Hills Salers 635-4137. Apr2

REGISTERED POLLED HEREFORDS - Yearling and two-year-old bulls; Yearling Heifers. Delivered at your convenience. Phone 724-2214. Apr16

BULLS - For sale or rent, all breeds available. Also 20 range cows, some with calves. Phone 632-2139. Jly30

REGISTERED POLLED HEREFORD BULLS - Yearling and two-year-old. Halter broke, semen tested. Will keep till May and deliver. Yearling Heifers. NCX Polled Herefords 657-2270. Jun11

GOOD SELECTION OF SALERS BULLS - Fox Mr. Sabre, two time high gaining bull (Lakeland College). Purebred bred cows, purebred open heifers. Scattered Spruce Salers. 768-2284. Jun11

FOR SALE - Purebred Charolais Bulls, Yearlings and 2-year-olds. Majestic Charolais, St. Lina, AB. Phone 403-623-4197. Apr12

USE "PLAIN LAKE" - Polled Hereford bulls. We guarantee them. Phone 403-658-2696. May21

MOUNTAIN VIEW FARM - Polled Hereford Bulls bred from quality seed stock. Phone 724-2350. xxx

YEARLING AND 2-YEAR-OLD BLACK ANGUS BULLS FOR SALE - Correct and growthy. Will keep until spring. Wavny Angus Farm. 403-853-2275. Apr23

PUREBRED CHAROLAIS BULLS - Yearlings and 2-year-olds. Also yearling heifers and Bred 2-year-old heifers for sale. Phone Ed 724-2411. xxx

FULLBLOOD LIMOUSIN BULLS - Easy calving. 2-year-olds and 1-year-old, also 16' hitch horse trailer, 2 years old, like new, spare, mats. 645-6933. xxx

RAINBOW TROUT - bargain prices! 4 - 6" (60¢); 6 - 8" (85¢); 8 - 10" (\$1.10); 10 - 12" (\$1.90); 12 - 14" (\$2.50). Win a Vegas trip, a Rocky Mountain fishing trip and fishing gear. Call Crystal Springs, Carbon, 403-823-8033. 4-14

87TH ANNUAL Lacombe Bull Sale, Mon., Apr. 8 and Tues., Apr. 9. For more information call: Peter Grant, Secretary, Central Alberta Agricultural Society, 403-782-1111. 3-14

ALBERTA TARENDAISE SALE. 58 cows, Heifers and bulls, Mar. 30, 1 p.m., Lacombe Sales Pavilion, Lacombe, AB. For catalogues: Box 7, Site 14, RR 2, Olds, T4H 1P3. 1-403-335-4122. 2-13

HAVE UP TO 200 exotic cross cows to put out on shares. Fall 1996. Call 403-786-4717. 1-13

13 LIVESTOCK

FOR SALE - 35, 1995 born purebred Charolais heifers, 35 purebred Charolais cows. Some out of charm trait leaders. Cows bred to start calving Apr. Phone Charton Farms Ltd., 403-577-2139, Consort, AB. 2-13

ALBERTA QUARTER Horse Breeders Group Spring Sale, Sat., Apr. 6, 5 p.m., Calgary Stampede Grounds. Guest consignors, AB Paint Horse Club. 46 head, quality quarter horses, yearlings, broodmares, broke horses. Great group - young working horses. All guaranteed - buyer protection. Plus "Stallion Avenue," 17 top stallions in province on display. Catalogues 403-276-7788. 1-13

MINIATURE DONKEYS and llamas for sale. All colours, sizes and ages, from bred females to weanlings. We offer full after market support. 403-887-2285. 1-13

15 MACHINERY

FOR SALE - 4100 International tractor with heavy duty loader and 12-ft. dozer blade. Asking \$12,000. Phone 635-2417. Apr9

FOR SALE - Steiger Cougar III ST270 3306 Cat; 36-ft. I.H.C. 6200 rubber press drills, grass seed attachment, factory transport. 403-367-2250 or 403-367-2708. Apr16

FOR SALE - 28-1/2-ft. vibrashank; 22-ft. IHC deep tillage; 28-ft. IHC press drill with factory transport; end mount truck drill fill, excellent condition. Phone Denis 657-2296. Apr3

16 MISCELLANEOUS

PINE V-JOINT - 4 and 6", all lengths, also some trim. Reasonable. Phone 645-5559. Apr2

\$NEED MONEY\$ call 403-452-5858. Immediate approval. Debt consolidation, farm, acreage, city, home and mobile purchase. Interim financing. Consolidated Mortgages Ltd. 2-14

A BETTER deal for smokers! And it's legal! Mail order products. Provincial regulated. The SOOT Shoppe, P.O. Box 544, Kenora, ON, P9N 3X5. 1-800-349-1882; fax 1-807-468-5946. 1-13

18 PERSONAL

CONNECTIONS - Is an Introduction Service for singles (owned and operated in Lloydminster). Call now for your CONNECTION to a new relationship. 403-875-4598. xxx

PSYCHIC MASTERS! Genuine Canadian psychics. Past, present, future revealed. Romance, wealth, career, lucky numbers. Live and personal, 1-900-451-3778. \$2.99/minute, 18+, 24 hours. I.C.C. 3-14

20/20 WITHOUT GLASSES! Safe, rapid, non-surgical, permanent restoration in 6 - 8 weeks. Airline pilot developed. Doctor approved. Free information by mail: 406-961-5570, ext. 250; fax 406-961-5577. E-mail: Vision@Montana.com. Satisfaction guaranteed. 2-14

CANADA'S MOST GIFTED psychics have answers to your problems or questions about health, love, relationship, money, lucky numbers. \$3.49/minute. 18+. 24 hours. 1-900-451-4336. 1-13

LIVE, ACCURATE, professional, psychics tell you where your future lies; love, marriage, relationships, career, reunite you with loved ones. \$2.75/minute, 1-900-451-2787. 18+, 24 hours. 1-13

PSYCHIC ANSWERS. Learn to live and love again. Discover your power within; discover your inner peace. Canada's #1 accredited psychic institution. 1-900-870-2217. \$2.99/minute. 18+. 1-13

HEAVENLY PSYCHIC ANSWERS serving over 50 million readers and multi-talented psychics. Free astrochart with your first reading! Relationships, future, career. \$2.99/minute. 24 hours, 18+. 1-900-451-3783. 1-13

20 REAL ESTATE

YOU'LL LOVE THE PRICE - The many features this 1152 sq. ft. offers - 3 bedroom split level low maintenance home, attached 2-car garage. 4501-52 St., St. Paul. 645-4242. Apr9

1994 MOBILE HOME 16X60 - With or without lot, 3 bedroom, owners transferred, MUST SELL. Excellent condition. Taking offers. Phone 724-3253 evenings. Apr2

SACRIFICE! - Newly renovated home for sale. Must be seen. Call 645-2389 after 6 p.m. Apr16

1/2 SECTION AVAILABLE SEPARATELY - 5 miles north of Lindbergh. Perimeter fenced, dugouts, spring. Call Bob at Re/Max 826-4884 - 24 hours. Apr9

LIMITED TIME offer "once in a lifetime opportunity." 50' X 100' R.V. lots beside Waterton National Park from \$5,000. - \$15,000. Call Ken 1-403-934-4588 phone or fax; Gail 1-403-935-4264. 1-13

GOT A CAMPGROUND membership/timeshare? We'll take it! America's largest, oldest resale clearinghouse. Resort Sales International 1-800-423-5967. Timeshare rentals needed. Call 24 hours a day. 1-13

SOUTHERN ALBERTA 1200' bi-level 3+ bedrooms, 2 bath, basement fully developed. Family room with fireplace and bar. Large lot. Attached garage. \$109,000. Claresholm, 403-625-4874. 1-13

300 COW RIVER ranch. Good homes, barns, shop, sheds. Southeast Pincher Creek several great 50/800 cow ranches, grassland, acreages, recreation properties. Jack Folsom, Chief Mountain Realty, 1-403-626-3232, anytime. 1-13

21 RECREATIONAL

FOR SALE - 1977 Layton 23' tandem travel trailer. Fully self-contained, sleeps 6, 3-piece bath and shower, awning, good condition, \$6,700. Phone 645-2705. Apr21

TOP DOLLAR PAID for used RV's. We will pay you immediately for late model, good condition, clean RV's. Call Woody's RV World, 1-800-531-4695, Calgary 403-240-1212. 1-13

WOODY'S 10TH Anniversary Celebration. For a free 12 page sales brochure, write: Woody's R.V. World, Marketing Dept., 1702 - 49 Ave., Red Deer, or phone 403-346-1130. 1-13

1995 KUSTOM KOACH, 29', 5th wheel. Ducked roof a/c, full awning, smooth fiberglass walls, heated tanks and more. \$31,900. Trades welcome. Woody's RV World, 1-800-531-4695, Calgary 403-240-1212. 1-13

22 SERVICES

BOBCAT FOR HIRE - Corral cleaning and clearing of snow. Also looking for work for summer. Landscaping, auger drilling, spreading of dirt or gravel. 726-2639, 636-2144. Apr2

ADVERTISE your product or service on the information Super Highway. Reach 40,000,000 Internet users world wide. Ask us about classified advertising Homepage on the Internet TKB Enterprises. Phone 206-489-0967; fax 360-794-5197. 1-13

CRIMINAL RECORD? Canadian pardon seals record. U.S. waiver removes risk of arrest, deportation. Affiliated legal referral assistance - divorce, personal injury, Workman's Compensation claims. CPLC 403-229-1200. 1-13

23 TENDERS

1986 CT25 PAD' Dynapac motor 6V53 Detroit. Full power shift trans. w/torque converter 3 speed trans. 38,600 lbs. without Ballast width 141" length 276". Motor newly overhauled, front mount dozer. Rebuilt 671 Detroit engine, new liners, pistons, bearings, blower, head and new oil pump and N65 injectors. Items may be viewed at the County of Newell No. 4 yard, 1st Ave., 6th St. E., Brooks, AB. Highest or any other tender not necessarily accepted. Tenders close Apr. 15/96, Noon. Terms cash on pickup F.O.B. Brooks, AB. Further information, contact: Larry, Public Works Supervisor 403-362-3504 or 403-362-1110. 1-13

25 WANTED

\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$ We will pay \$\$\$ for your spruce or pine trees. Call Shiloh Timber Co. 1-800-530-0539. Apr16

WANTED TO buy. Spruce or birch standing or in deck anywhere in province. Also poplar in the Calgary area. Phone anytime 403-843-3713. 2-14

SMALL LOGGING COMPANY looking for private land. Timber, spruce, lodgepole pine log to suit. Small equipment used. Hand feller/hand limbed. References 403-435-0287. 2-13

PASTURE for 30 - 90 cow/calf pairs. For the '96 season, south of Edson/Lloydminster line. Willing to lease for more than one year. 403-364-2480. 1-13

WANTED TO LEASE/RENT

3-4 bedroom home preferably in Elk Point. Needed immediately for minimum 1 year or more. Phone 724-3883 - 8:30 to 5:00 p.m., Mon. - Fri., ask for Laura. After 5:00 p.m. 724-4001 and ask for Dan Reid.



HOME SUPPORT AIDES

For Elk Point Health Unit

The Lakeland Regional Health Authority Community Care Program requires the following position for Home Support Aides out of the Elk Point Health Unit.

1 Casual - to provide casual day, weekend and/or evening services to Community Care clients located in the above area.

As a Home Support Aide working under the direction of a registered nurse or therapist you will be responsible for providing assistance with personal care, basic treatments and support to individuals in the community.

Applicants must have a valid driver's licence and be able to use own vehicle for work. Must have knowledge of basic hygiene, nutrition, home management and an interest in working with individuals of all ages. High School education and previous training and/or experience in a health care setting preferred. Basic Cardiac Life Support certification essential.

Please submit written applications by April 15,

1996 to:

Diane Labossiere

4720-55 St., Grand Centre, AB., T0A 1T1

Due to anticipated response, only applicants chosen for an interview will receive a written response.



ELK POINT NOVICE 2 — proudly display their trophy from the league playoffs. Back row, left to right: Assistant coach Loren Kozicky, Greg Kozicky, Kurt Kozicky, coach Dave Cousins; middle row, left to right: Brandon Holthe, Zachary MacKinnon; front row, left to right: Mark Brodwin, Tyson Slywka, Jordan Cousins, Colin Ference, Devin Moneta, Nicholas Myshaniuk. Missing: Aaron Watchmaker, manager Claire Ference.

Thunder finish successful season

Thunder wrapped up their season when they travelled to Vauxhall to compete in the provincial midget tournament on March 22, 23 and 24.

Friday morning a large crowd turned out when Thunder met the host team from Vauxhall. The crowd saw a tight checking, scoreless first period with great goaltending at both ends of the ice. Then at 13:52 of the second period, Clayton Cardinal scored on a nice pass from Jordan Bassett to open up the scoring, followed six minutes later by Loren Kozicky's goal off Clayton Cardinal's rebound to make it 2-0 for the Thunder. Vauxhall scored a power play goal before the period ended to make it 3-1 going into the third. The third period saw no scoring as the Thunder killed off many penalties, finishing the game with only three players on the ice, but outstanding goaltending by Geoff Meheyden held the win for the Thunder.

Friday night Thunder played the team from Chestermere. Team captain Kristen Holthe opened up the scoring on a power play goal at 9:44 of the first. Then James Babenek scored his first of two for the game at 3:13 on a pass from Marty Bendixen. Things changed before the end of the period when Chestermere scored two goals in eight seconds to tie the game at 2 at the end of the first. Early in the second Clayton Cardinal scored on a nice slapshot, but Chestermere soon answered with their #3 goal to tie it up once more. Then at 3:01 Clayton scored his second and James Babenek slid another past the Chestermere goalie to make it 5-3 after the second. The Thunder dominated the third period, with goals scored by the Gazoo, Rene deMoissac, who scored a onetimer on a nice pass from Loren Kozicky, and Jeff

Hughes, who scored on a long shot from the point making the final score 7-3 and putting the Thunder into the semi-finals.

Saturday afternoon the Thunder played their third game in round robin play. This turned out to be a very physical battle against Eckville, who defeated the Thunder 5-1. The only Thunder goal was by Rene deMoissac. B.J. Tucker was the star for the Thunder, coming into the game after the first period when they were down 4-0, and playing awesomely for the rest of the game. The star for the Eckville team was former Thunder player Jeff Dunlop who had two goals and two assists.

Sunday morning the Thunder lost in the semi-finals to the big team from Magrath, who went on to win the gold medal over Eckville.

Thunder would like to thank all the people who supported us all season, cheering at our games and donating time and money. Special thanks to Ed Babenek, our game announcer and for his

work making the programs, organizing shoot-to-win and other fundraisers; to Shamrock Valley Enterprises, our team sponsor, for the new Thunder jerseys; to Dee Pankiw who organized the egg race and the Alumni game; to head coach George Bendixen who spent many hours teaching discipline and motivating the boys to give their best effort on and off the ice; to assistant coach Danny Flett, the drill sergeant for getting the boys into shape on the ice; to Brian Tucker, AGT's best customer, for his many hours on the phone lining up games; to our statistician and team treasurer Marlane Tucker; to all the parents for their hard work to raise funds, working at the door and 50-50 sales; and last but not least to the Boys of Thunder, who always came to play on game day. See you next year.

EDITOR'S NOTE: Also thanks to Doug Bassett, for sending us the Thunder news every Monday. Great sports reporters are hard to find!

Novice 2 wraps up the season

By Dave Cousins
Coach

The weekend of March 22 and 23 brought to an end another year of hockey for the Elk Point Novice 2 hockey team.

The year started out a little shaky with our team consisting of mostly first year players. Learning the new rules and playing positions took a while.

With Kurt Kozicky playing in net for the first time he came a long way with the assistance of his brother Loren Kozicky helping him and the rest of the team throughout the year.

The Hiway 28 B league playoffs were held in Glendon on Friday, March 22 and Saturday, March 23.

Friday night saw us playing against Bonnyville 3. This game was a fairly close game with Bonnyville winning 7-4 and leaving our boys feeling a little down in the dumps.

But on Saturday, they showed us that they could and indeed did, play excellently, winning their first game against Glendon with a score of 6-5 and winning their second game against Bonnyville 1 with a score of 11-9. The final game put them in first place on the B side of the tournament and in third place overall in the B League playoffs.

A great effort was made by all the boys in the team, with goals in the final game coming from Devin Moneta, Zachary MacKinnon, Jordan Cousins and Aaron Watchmaker helping them to win, as did the great goaltending of Kurt Kozicky.

I myself am very proud of what our boys accomplished this year and am sure the rest of the parents and families are as well.

Thanks for the great year and good luck in the future to the following boys: Kurt Kozicky, Jordan Cousins, Nicholas Myshaniuk, Devin Moneta, Tyson Slywka, Greg Kozicky, Aaron Watchmaker, Brandon Holthe, Colin Ference and Mark Brodwin. Also special thanks to all the parents of the boys who helped out this year with the coaching duties and in the dressing room, and to Claire Ference, our Manager.

I certainly hope to be there next year.

Thanks again, until next year!

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Elk Point Minor Ball GENERAL MEETING

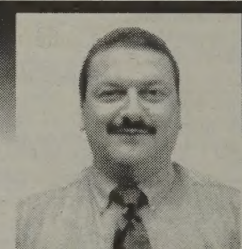


Wednesday,
April 10/96
7:00 p.m.

**PanCanadian Building
Election of new
officers and board.**

Minor Ball will not operate this year
unless there is an increase in
parental participation at all levels.

BOB GAGNE'S SPECIAL OF THE WEEK



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NUTRITION TO GO!



Registered dietitian **Leslie Maze** (right) and chef/instructor **Jon Paudler** (left) of NAIT look over *Healthy Pleasures Great Tastes from Canadian Dietitians and Chefs*. They collaborated on three recipes in the cookbook that features both irresistible recipes and nutrition tips. The cookbook was created by a unique partnership between dietitians and chefs – including Maze and Paudler – from across Canada following 1995's Nutrition Month campaign that celebrated the pleasures of healthy eating. Its recipes put a major emphasis on taste while encouraging generous servings of grains, vegetables and fruits, and selecting leaner meats and alternatives as well as lower-fat dairy products. *Healthy Pleasures* is available at bookstores and major grocery outlets. Choose Alberta Made products when you use these and other recipes.

Breakfast is worth your time

Breakfast is an important part of being healthy.

People who regularly eat breakfast usually have healthier eating patterns. They tend to eat a wider variety of food with more nutrients helping them control their weight. Breakfast skippers, on the other hand, tend to eat more food throughout the day and often indulge in high energy (calorie), low nutrient food choices.

Breakfast also energizes you. Your body has been working without food while you slept. Breakfast provides the fuel to break the night's fast. "You should aim to eat something within an hour of waking up," says Jane Carlyle, a home economist with the Alberta Egg Producers Board.

Scientific studies have proven when you start your day with breakfast, you are more alert and more productive. Children perform better in school. Eating breakfast can even help put you in a better mood.

A good breakfast includes food from three of the four food groups. Carlyle suggests not getting stuck in the same routine, go for variety. As well, not to get hung up on traditional breakfast foods. "A good breakfast can involve last night's leftovers, such as pizza, or even a snack you can eat on the run," she says.

"Consider a cooked breakfast," she adds, "such as nutrient rich eggs. Eggs provide quality protein plus a wide variety of other essential nutrients." One suggestion for quick start to your morning is a *Tortilla Roll-Up*. "It's ready in minutes and can be eaten on the run."

For this and other egg breakfast recipes, send for **Good Starts** from:
Alberta Egg Producers Board
15, 1915-32 Avenue N.E.
Calgary, AB T2E 7C8
or call
(403)250-1197

Anytime, Anyplace...

You can eat healthy



Nutrition To Go!

Healthy food choices can be made everywhere you eat and provide you with energy to keep going and stay active.

Dietitians across Canada are working hard to deliver that message, especially during March's *Nutrition Month*. "We're trying to dispel the misbelief that to eat well you must do extensive planning, shop at special stores and avoid certain kinds of foodservice establishments," says Corilee Watters, a member of the Alberta Registered Dietitians Association (ARDA).

Nutrition to go is the theme for the 1996 awareness month. "Simply put, it means you can eat healthy whenever and wherever you go," she adds.

For example, if you're short of time, combine eating with walking to the car or bus, getting ready for work, sitting at your desk or waiting between appointments.

"With a bit of planning, eating a number of small meals or snacking throughout the day

can bring nutrition into your life. It's better to provide your body with the energy to keep going throughout the day than waiting until the last minute when you may be too hungry to make healthy food choices," says Watters.

At home, factors such as what the family likes, what there's time to prepare and how to vary meals are often given more consideration than what is good for the family. Watters suggests two strategies to add nutrition to the mix. "When you do find time to cook, cook large amounts or batches and plan to freeze the leftovers for lunches and dinners. Or, you may want to capitalize on the trend of speed scratch cooking – taking convenience foods and adding your own touches."

Watters recommends that if you want to know more about making nutritious food choices for your health, to contact a registered dietitian. Registered dietitians are guided by a code of ethics that ensures your right to safe, reliable information. A dietitian can provide healthy eating advice tailored to personal needs and lifestyle.

"As the best source of reliable information, a registered dietitian can help fit healthy food choices into a busy life," she adds.

You can contact a dietitian through your local public health services department or regional health authority, by looking under **dietitians** in the *Yellow Pages*, or through the Alberta Registered Dietitians Association.

Albertans + Beef = BBQ

Nearly 90 per cent of Albertans barbecue and nearly half of us barbecue year round. Nine out of 10 times when Albertans barbecue, their choice is beef. In consumer research, most people say there's nothing to match its taste.

For recipes to fire up both your barbecue and your taste buds, contact the Beef Information Centre at (403)275-5890 or write #215, 6715-8 Street NE, Calgary, AB, T2E 7H7.

Spring cleaning advice from the Food Safety Info Line

If you've ever wondered if the long-ago leftover you discovered in your fridge or the potatoes with a green tinge in your pantry are okay to eat, you can get an answer from the provincial **Food Safety Info Line**.

This unique-to-Alberta consumer service was launched by the Alberta Home Economics Association (AHEA). "Our goal is to provide reliable information and answer consumer questions about food production, processing, packaging, labelling, shelf life, storage and food handling," says Debbie Brekke.



Brekke, a long-time professional home economist with experience in food, nutrition and food safety answers the calls. She is available Monday through Friday on the toll-free line at 1-800-892-8333, or in the Calgary area call 287-0098. Questions can also be left on the line's answering machine.

lighten up dessert!



If you've been unsure about how to reconcile your sweet tooth and limiting your fat intake, the Alberta Canola Producers Commission has an answer.

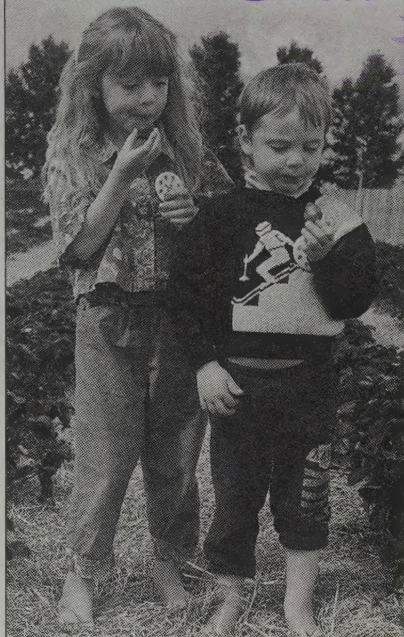
"A series of dessert publications will help you lighten up the easy way," says home economist Simone Demers Collins.

Health Conscious Cookies, Snacking Cakes and Special Cakes each boast recipes using a minimum of fat with canola oil as the fat of choice. "This insures that each recipe is special enough to satisfy a craving for sweets, yet healthy enough to help you maintain good health," she adds.

Copies of the recipe folders are available free of charge by calling:

Alberta Canola Producers' office
toll-free: 1-800-551-6652
In Edmonton: 454-0844

Sunshine Sweet



Alberta Berries

Alberta's market gardens are a great place to get a good deal on the freshest berries and vegetables around.

Starting about July, U-pick farms have a bounty of the sweetest, juiciest strawberries and raspberries, plus a colorful array of succulent vegetables.

Debbie Everts, president of the Alberta Market Gardeners Association says people like to visit U-pick farms just not for the picking experience, but also for the high quality produce.

"People know what they're getting when they visit a market garden because they're buying right from the grower," she says. "It's a great alternative for people who don't have their own gardens."



Flavor is another big reason. For example, strawberries from Alberta market gardens have a full, sweet flavor since they're ripened in the field. "People are often surprised by that sweetness," says Everts. "When I'm asked if we add any sugar, I have to tell my customers that the sunshine put the sugar in the berries."

Health benefits of both strawberries and raspberries are an added bonus. "These berries contain a high level of ellagic acid, a proven anticarcinogen. So not only do our Alberta berries taste luscious and fresh from the field, they're also very healthy nutraceutical foods," she adds.

Everts invites Albertans to visit a local market garden. There are over 150 market gardens across the province waiting to be experienced as a direct source of fresh, high quality fruits and vegetables as well as for their country atmosphere.

Find out where there's a market garden near you by calling
1-800-661-AMGA(2642) for a free Come to Our Farm guide.

It's a Matter of FAT

Picture this: Two sides of a scale measuring fat in foods. One side is a lean broiled steak, a baked potato with one tablespoon of sour cream, peas and carrots. But weighing heavier on the other is a handful of peanuts.

Some sources of fat in food seem more obvious than others. People recognize their diets should be lower fat, but don't know how. In a recent nation-wide study 98 per cent said they thought it was important to reduce fat, but weren't able to correctly rank the higher and lower fat choices from various groups of food.

"A lot of folks don't recognize the fat hidden in foods," says Anne Carlson, registered dietitian and health consultant at Calgary's Grace Hospital. "They know fat is found in sour cream and butter, but not in something like a large croissant with filling, which can contain as much as 10 to 12 teaspoons of fat."

While study respondents have taken action on visible fats by choosing lean meats, most didn't realize the major source of fats - about 32 per cent - in their diets are hidden fats, those added during processing and preparation or as sauces and spreads people add at their own tables.

As well, 20 per cent of survey respondents felt eliminating all fat from the diet was a healthy choice. Fat is an essential nutrient, a source of fatty acids the body can't produce and are needed to transport essential fat soluble vitamins A, D, E and K.

Such misconceptions convinced the Beef Information Centre (BIC) that nutrition educators and the general public needed a resource to help make lower fat food choices from all food groups. The result was the *A Matter of Fat* kit that was launched last year. Since then hundreds of thousands of the kits have been distributed nationally. The Alberta Cattle Commission provided funds to continue to reprint the consumer booklet.

The original kit was developed in co-operation with Canada Pork and the Canadian Meat Council. Materials were reviewed by dietitians, the National Institute of Nutrition and Agriculture and Agri-Food Canada.

The consumer *Matter of Fat* booklet is available free from:

Beef Information Centre
#215, 6715-8 Street N.E.
Calgary, AB T2E 7H7
Phone: (403)275-5890

Alberta's own



Seventy years ago, the Byers brothers settled in Camrose and built a flour mill. Today, Prairie Sun Grains owned by Alberta Wheat Pool since 1991, continues to distribute the nationally known Sunny Boy cereal along with a variety of other grain products.

Sunny Boy cereal debuted in 1929 when Walter Byers formulated and began producing a breakfast cereal from locally grown grains. The healthy cereal is a combination of flax, rye and wheat and is available in three sizes. In 1996 the Sunny Boy brand name extends to pancake mixes and consumer flours.

The complete pancake mix includes barley flour and requires only milk or water. Rosebud, another pancake mix for more ambitious cooks, requires eggs, milk or buttermilk.

Sunny Boy 10 kg bag consumer flours offer home bakers a variety of quality flours including enriched, all-purpose, unbleached and whole wheat.

Golden Loaf Flours for commercial bakers are also produced by the 8-person staff at the Camrose mill. The six types include fine and coarse whole wheat, along with enriched, all-purpose and unbleached.

Wheatlets (natural), cracked wheat and edible bran are three of the natural baking products Prairie Sun Grains also processes at the mill.

For a complete list of products, contact:
Sales & Marketing
Prairie Sun Grains Ltd.
Box 2700
505-2 Street, S.W. Calgary, AB T2P 2P5
In the Calgary area call: 290-4618
Toll-free: 1-800-556-6807
Fax: (403)290-5550



Put on POTATOES

Economical, delicious and nutritious; the versatile potato is quick, easy-to-use fit on your dinner menu.

To feed two people, wash and scrub two medium potatoes. As a general rule, use one medium potato per person advises the Potato Growers of Alberta. As well, potatoes in good condition don't need to be peeled. The peel has both fibre and nutrients.

Microwave boil for quickness and add herbs for flavor, or turn scalloped potatoes into a complete meal casserole by adding ham steak.

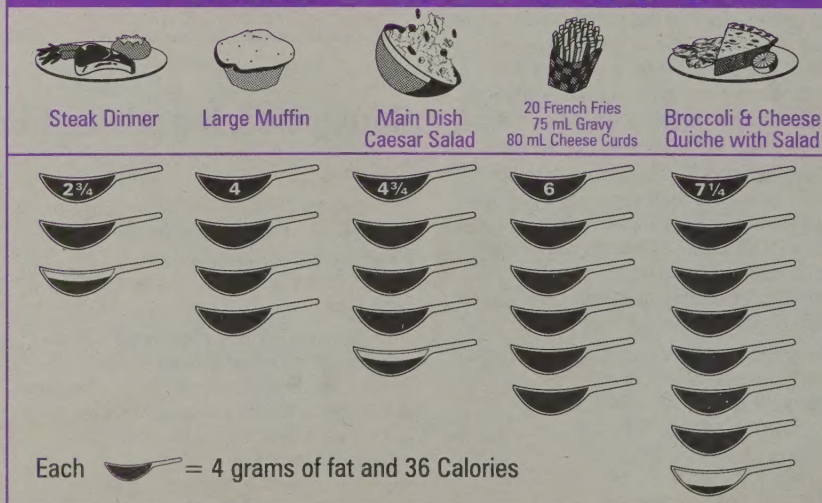
To feed four with ham and scalloped potatoes, wash and scrub 4 medium potatoes. Slice in thin rounds. Layer in casserole until the dish is two-thirds full. Combine 1/2 cup milk with one 10-ounce (284 mL) can condensed cream of mushroom soup. Pour over potato layers. Top with one ham steak. Cover and bake at 350° F (180° C) for 45-60 minutes or until tender. Serves 4. Top off this great potato casserole with a fruit salad and a dinner roll.

Or, feed four by trying herb boiled potatoes in the microwave. Cut four medium potatoes in quarters and place in a casserole dish with 4 tbsp (60 mL) of water. Add 1 tsp (5 mL) dried dill weed or your family's favorite herbs. Cover casserole. Microwave on high 15 to 20 minutes. Stir once during cooking. Let stand five minutes before serving. Skip the high calorie toppings and enjoy the flavor of Alberta potatoes.

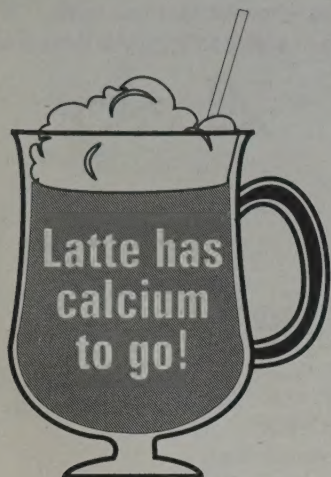
For a complete selection of potato recipes, send \$7.50 to:

The Potato Growers of Alberta
#6, 1323 - 44 Avenue N.E.
Calgary, AB T2E 6L5

Where's the FAT?



Source: *A Matter of Fat* (nutrition resource reviewed by the National Institute of Nutrition.)



The '90s trend of European coffee and coffee houses are a piece of good news for bone health.

"Cafe au lait or latte contains all the nutrients and bone-strengthening calcium found in a half of cup of milk," says Susan Klaver, a registered dietitian with the Dairy Nutrition Council of Alberta. This popular coffee is made with at least one half cup of steamed milk mixed with Espresso coffee and topped with foamed milk.

"Since research shows caffeine can increase the loss of calcium in your body, heavy coffee drinkers would do their bones a favor by ordering a cafe latte now and then," she adds. "It's also a way to get some nutrition on the run."

You can also make your version, *mock latte*, at home. Heat one cup of milk, add a teaspoon of instant coffee and sweetener to taste. For variety, add a little chocolate milk, cinnamon, nutmeg or cocoa powder.

For more information about calcium and bone health, call the Dairy Nutrition Council of Alberta in Edmonton at 453-5942 or toll-free from anywhere else in the province at 1-800-252-7530.

Are you getting enough Calcium?

Two recent national nutrition surveys indicate Canadian men and women aren't getting enough calcium in their diets.

Canada's Food Guide to Health Eating recommends adults consume two to four servings of milk products daily for adequate calcium. "One of those nutrition surveys showed that adults didn't even meet the minimum requirement. Instead, they only consumed an average of 1.6 servings of milk products daily," notes registered dietitian Susan Klaver of the Dairy Nutrition Council of Alberta.

If a diet lacks calcium, the body will take what it needs from a person's bones. A consistent lack of calcium could set the stage for osteoporosis – thin, brittle, easily-broken bones. About one in four women after menopause and one in six men over age 60 develop this disease.

Typically, 78 per cent of our dietary calcium comes from milk products, nine per cent from vegetables and fruits, seven per cent from meat and alternatives, four per cent from grain and two per cent from miscellaneous foods.

"Since milk products are the major source of calcium in the Canadian diet, it's difficult to meet your calcium needs without consuming milk products," notes Klaver. "Although broccoli, salmon with bones and kale also provide calcium."

People of all ages need calcium to build and maintain healthy bones. A constant supply of this mineral is also critical to keep the heart, nerves and muscles working properly.

"If you want to know how much calcium you consume, you can add up your daily intake with *The Calcium Calculator*," says Klaver. The free brochure is available from the Dairy Nutrition Council of Alberta. In Edmonton call 453-5942, or toll-free from anywhere else in Alberta at 1-800-252-7530.

Convenience, great taste, Alberta Turkey

It's easy to make a smart lunch or dinner with Alberta Turkey.

"Inexpensive and deliciously satisfying, turkey easily delivers food flair and all important flavors. Plus, a tremendous variety of turkey products are available in your grocery store," says Janice Shields of the Alberta Turkey Growers Marketing Board. "As our national slogan says, *lean on turkey – a great taste for all seasons.*"

Turkey scallopini, steaks, cutlets and ground turkey are among the choices at the fresh meat counter in your favorite supermarket. Turkey on the barbecue takes on new dimensions as hot dogs, burgers, sausages or kebobs. Or, try roasting a whole turkey on the grill.

Turkey deli products are versatile, light and nutritious. The selection includes turkey pastrami, salami, beer sausage and ham. Smoked turkey breast and black forest turkey are some other healthy choices available for sandwiches and cold trays.

"Turkey deli products contain less fat than regular deli products and can be used in a wide variety of recipes to speed up meal preparation," notes Shields. "Try cooked or smoked turkey breast in a turkey pasta salad or a in turkey burrito with salsa and grated cheese."

Two free recipe booklets have summer and autumn recipes. For your copy of *Tasty*

and Tempting Turkey – Great Summer Recipes or Turkey – The Great Taste of Autumn contact:

Alberta Turkey Growers Marketing Board
#212, 8711A-50 Street
Edmonton, AB T6B 1E7
Phone: (403)465-5755
Fax: (403)465-5528

VEGGIES from our south

The frozen or canned vegetables you had for supper might have been grown right here in Alberta.

Southern Alberta's light, sandy soil combined with sunny summer days and cool summer evenings are ideal conditions for growing nutritious, sweet-tasting vegetables. Over 80 Alberta irrigation farmers do just that, and their sales were valued at over \$4 million in 1995.

Peas, corn, green and wax beans, carrots and red beets are harvested at the peak of goodness, then processed and packed immediately by two local companies. The vegetables are frozen or canned, ready for year-around, economical meal time enjoyment. Efficient handling guarantees Alberta vegetables retain peak flavor and nutrition.

Capture a taste of the OLD WEST

Tasting the frontier may be as easy as biting into a succulent Alberta bison steak.

Both wood and plains bison, the largest animals in North America, are making a comeback. No longer on the endangered species list, bison are being raised by many Alberta ranches for meat. An estimated 200 producers are raising 15,000 bison as breeding stock and for the speciality meat market.

Bison, also known as buffalo, is becoming an increasingly important part of Alberta's agriculture industry says Clay Curry of the Southern Alberta Bison Association. Curry has raised bison for 25 years on his ranch near Elnora.

Bison meat has a distinctive flavor that makes eating it a gourmet treat. "Bison is a flavorful meat with a sweet taste," says Curry. "Many believe this indicates a richer meat."

Once a staple in the diets of aboriginal people and early Western Canadian settlers,

bison is now a specialty item that sells at a premium price at gourmet restaurants across the province, North America and Europe. Alberta producers sell nearly one million pound of bison meat annually.

Cuts are comparable to other red meats. Roasts, loin cuts and burgers are often the choices made by people who try Alberta bison. Because of its low fat content, it should be cooked at lower temperatures. Roast at 275°F and don't cook beyond medium for best results.

But bison offers much more in addition to its great taste and distinctive flavor says Curry. "There are additional nutritional benefits that go along with eating bison – it's low in fat, high in protein and rich in flavor." Bison meat contains only 2.42 grams of fat per 100 gram serving.

Production is steadily increasing making it more accessible to Alberta consumers at restaurants, butcher shops and even directly from producers.

Alberta chicken leaner than ever

Preliminary results from a 1995 national nutrient analysis indicate fat content in white and dark chicken meat is less than the amounts recorded in the 1986 nutrient file.

A 100 g serving of roasted, skinless breast meat measured only 2.1 g of fat. "This is good news for consumers. However, it's important to maintain that lean quality when preparing and serving chicken," says Leslie Leeworthy, promotion co-ordinator for the Alberta Chicken Producers.

Removing skin and choosing low or not-fat cooking methods such as stir-frying, baking, broiling or barbecuing are easy low-fat cooking techniques. Modifying ingredients in existing recipes or choosing

chicken recipes with low fat ingredients is another way to cut fat.

"In response to consumer demand, the newest set of *Alberta Chicken* recipes are specifically designed as low fat," she says. "With less than three grams of fat per serving, these recipes prove that you don't have to reduce taste when you reduce fat."

For more nutritional information or your free set of fat reduced *Alberta Chicken* recipes, contact:

The Alberta Chicken Producers
#101, 11826-100 Avenue
Edmonton, AB T5K 0K3

Phone: (403) 441-6231 (March 1-31)
(403) 488-2125 (after March 31)

1995 CHICKEN NUTRIENT ANALYSIS (PRELIMINARY RESULTS)

Per 100 gram serving (water chilled)	Energy Cal/Kj	Protein grams	Fat grams	
1995 Chicken Broiler BREAST, Lean Meat, Roasted	158.8 / 664.5	32.8	2.1	
1986 Nutrient File	165 / 689	31.0	3.6	
1995 Broiler LEGS, Lean Meat, Dark, Roasted	169.6 / 659.6	24.9	6.9	
1986 Nutrient File	191 / 801	27.0	8.4	
Roaster: BREAST, Lean Meat, Roasted	146.8 / 614.2	29.9	2.1	
Roaster: LEGS, Lean Meat, Roasted	166.5 / 696.8	24.3	6.9	

Action on animal care

Guaranteeing consumers that the food they eat is humanely produced is one part of the Alberta Foundation for Animal Care (AFAC) mandate.

"Alberta farmers are good caretakers. They are already leaders in responsible animal care," says AFAC manager Susan Kitchen. Since AFAC was founded three years ago, it has taken told consumers what Alberta producers are doing to ensure responsible use and humane handling. For example, using the voluntary codes of practice developed jointly by producers, government and humane organizations.

Action on improving animal care is an equally important thrust of the



organization. AFAC has an animal care action line [1-800-506-CARE (2273)] and resource team. The ALERT hot-line operates on a producer helping producer basis.

"One of our newest program is in conjunction with Alberta 4-H clubs," notes Kitchen. The animal welfare education program will be integrated in all 4-H livestock projects. AFAC also leads and supports related industry efforts. For example, it commended Alberta packing plant's open door approach to a recent survey. Alberta's state of the art poultry handling and transportation system was given an excellent rating by international expert Temple Grandin.

Demystifying Barley - pot, pearl and flour

There aren't any limits to how you can use barley once you know about pot or pearl barley, and barley flakes and flour.

"We get a lot of recipe requests and questions about using this delicious, healthy grain," says Shannon Park of the Alberta Barley Commission.

One of the most commonly asked questions is the difference between pot and pearl barley. The outer layer of bran and the germ are removed from whole grains of barley to make **pot barley**. This makes it easier to cook in soups and casseroles.

Pearl barley has more of the outer layers of grain removed, so it's even smaller and cooks faster. Both can be used for soups, pilaf, casseroles and as a rice substitute.

Barley has the advantage over wheat of being a source of soluble fibre. In clinical studies, soluble fibre from barley has lowered blood cholesterol in some people when combined with a low fat diet.

"Substituting whole grain barley flour in your current recipes for cookies, muffins, cakes and quickbreads is an easy way to add fibre to your diet," says Park. As well, it is excellent for thickening gravies and gives a slightly nutty flavor to most baked goods.

"The caution is with yeast recipes. They require some wheat flour because barley flour is low in gluten. Use up to one part barley flour for every three parts of wheat flour in breads and buns," she advises.

"You can use barley flour in your bread machine. Don't let the dough rise as high as regular bread dough," she adds.

Barley flour is available in most Alberta supermarkets in 2.5 kg bags, or in bulk food stores.

For more information or a free set of barley recipes, call the Alberta Barley Commission toll-free at 1-800-265-9111 or in the Calgary area at 291-9111.

GO SURFIN'

The complete **Enjoy Eating Alberta's Best** 1996 tabloid can also be found on Internet. Check out Alberta Agriculture, Food and Rural Development's home page at <http://www.agric.gov.ab.ca/> and click on *What's New* to find the tabloid.

MINISTER'S MESSAGE

Adding value for you — Agriculture Week 1996

Alberta's largest manufacturing sector provides one out of every six manufacturing jobs. It may surprise you to know that this sector is food and beverage processing. It's responsible for over \$1 billion in exports each year, and is one example of how the agriculture and food industry adds value to our province.

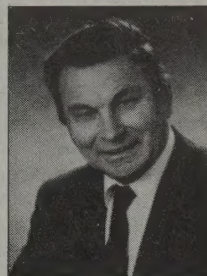
Our agriculture and food industry is a key player in the province's economic infrastructure, generating over \$11 billion dollars annually. Between primary and manufacturing sectors, the industry employs over 110,000 people with good jobs in a variety of businesses. That doesn't include the thousands of jobs in related sectors such as trucking, wholesaling, distribution, food service and restaurants.

The industry's foundation, of course, is Alberta's 57,000 plus farms. Their 1995 farm cash receipts are estimated to hit a fourth consecutive record level of over \$5.9 billion.

Production diversity and processing ventures add value to the industry and the economy. There are many examples of how the entrepreneurial spirit and the *Alberta Advantage* feed that growth. During Agriculture Week **March 3 through 9**, I urge you to take a second look at how the agriculture and food industry contributes to your community our province. The slogan of a new provincial initiative may put it best, the agriculture industry is growing more than food, it's growing Alberta.

Walter Paszkowski

Hon. Walter Paszkowski
Minister of Alberta Agriculture, Food and Rural Development



Meet Mother Nature — a natural provider

This ewe and her triplets are natural providers. Wool and lamb may be the first products that come to mind, but Alberta's sheep flock, about one-third of the national total, is much more. Recently, sheep have become a natural way of controlling brush, managing weeds and even handling a city's lawn. These environment-friendly controls have added to other recognized values such as wool used for clothing, bedding and housing insulation, as well as lanolin, garden mulch and fertilizer.

Enjoy Eating Alberta's Best distribution sponsors include:

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Exhibition Associations: Camrose Regional Exhibition, Westerner Exposition

Agricultural Service Boards of:

Countries: Camrose, Flagstaff, Forty Mile, Lac Ste. Anne, Minburn, Mountainview, Ponoka, Red Deer, Stettler, Strathcona, Thorhild, Vermilion River, Wetaskiwin, Wheatland.

Municipal Districts: Birch Hills, Bonnyville, Brazeau, Clearwater, East Peace, Foothills, Lesser Slave River, MacKenzie, Northern Lights, Provost, Saddle Hills, Spirit River, Starland, Woodlands.

Improvement Districts: 22

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POTATO GROWERS OF ALBERTA



MAPLE LEAF POULTRY



ALBERTA TURKEY
GROWERS



Alberta Market
Gardeners Association

Alberta Sheep and Wool Commission



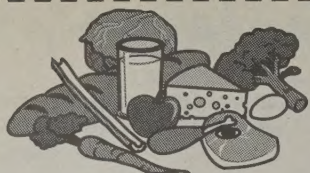
Alberta
Home Economics
Association



Southern Alberta
Bison Association



Serving Growers of
Vegetables for Processing



Would an extra
\$250
help with your grocery bill?

Print your name and address, answer two questions, send this form to the address below and you're eligible for the \$250 grand prize to spend where you shop!

Name: _____

Address: _____

Postal Code: _____ Phone: _____

1. Check the appropriate age group
☐ under 25 ☐ 25-45 ☐ 46-65 ☐ over 65
2. How many articles in this tabloid did you read?
☐ none ☐ 1-5 ☐ 6-10 ☐ over 10

Send your entry to:

Grocery Draw,
Alberta Agriculture, Food & Rural Development,
Box 6200, Innisfail AB T4G 1S8

Entries must be postmarked **March 30, 1996** to be eligible for the draw.

Note: This personal information is being collected to evaluate the 1996 Enjoy Eating Alberta's Best tabloid under the authority of the Government Organization Act. If you have any questions about the collection, contact Cathy Walters in Edmonton at (403) 427-2121.